



Northfield Senior Center

active,
connected,
engaged

Gallery.....2
 From the President....3
 A Moment in Time.....3
 Classes and Talks4-6
 Trips.7
 Board Minutes.....8
 News.....9
 Insurance.....10

THE CENTER WILL
 BE CLOSED ON
 THANKSGIVING. WE
 WILL BE OPEN THE DAY
 AFTER THANKSGIVING

Center News

FOR ACTIVE OLDER ADULTS



Aging With Purpose by Patsy Dew

One key element to aging well is living your life with purpose. In other cultures the wisdom of elders is valued, but in 21st Century America, there is no clear purpose for older adults. Each of us has to find our own, and this is not always easy when society has defined its citizen's worth by their jobs. Retirement can feel more like an abyss than a time full of opportunity if the person loses their sense of purpose.

If the big question, "Why am I here?" is daunting, you might start with, "What do I really care about?" or "What are my natural gifts?" If you were a teacher, what did you love about that work? Maybe there is another way to use that gift, such as volunteering

in the schools, or teaching one class at The Center on a subject you enjoy. I personally would like to dedicate myself to figuring out and curing autoimmune diseases. A bit unrealistic for someone in her 60's, but I can donate money, I can join fund-raising events, and once I retire, I can find ways to use my writing or photography skills to support this cause.

I talked with several Sr Center members about what has been meaningful for them in both their work lives and their non-work lives. I find these examples both interesting and inspirational.

Helen Dillon who is still working as an OB nurse said that "the work chose me." Early in her

nursing career, she would be repeatedly pulled in to help with birthing deliveries. Her supervisor had recognized that she had a natural talent for this way of helping people. Helen also is an accomplished seamstress with a strong interest in the visual arts. She has volunteered this talent in costuming many shows at The Center, the NAG and the High School. In costuming Helen applies her appreciation of others - "I like people to feel good about themselves in their costumes," she said.

Gordon Kelley, who had a career in soil conservation, has found many interests in retirement. For several years he served on the Northfield Planning

Cont. on pg 3



6th Annual Fall Melodrama:

Blazing Guns at Roaring Gulch by Shubert Fendrich has villains, heroes, mistaken identities, theatrical has-beens, actor-wannabees, and plenty of fun for the audience. You will want to be there! Cast includes Marie Gery, Ken Lee, Bob Bruce, Jim Haas, Rhoda Van Tassel, Jane Greenwood, Dan Van Tassel, Lin Bruce and Peggy Sheldon. Performances: Nov 20 -7pm; Nov 21 - 7pm; Nov 22 - 3pm Tickets: \$10 for adults and \$5 for children

GALLERY NEWS

Opening Reception
Tues, Nov 3,
4 - 6p

Inspiration in Hue and Form Oct 26 - Nov 29

Featuring the work of two artists – Paul Noah, painter and Howard Schroeder, sculptor



Paul Noah began making art and painting signs and murals during high school in the western Kansas town of WaKeeney. He has a BFA from Bethany College, Lindsborg, Kansas and an MA from Fort Hays Kansas State College. He also studied and taught at Mission: Renaissance Fine Art School in Glendale, California. He has twenty years of experience painting pictorials and lettering on billboards and walls for major outdoor advertising companies in Chicago, Los Angeles, San Diego, Salt Lake City, and Denver. The demise of the hand-painted billboard industry by the digital revolution allowed Paul to pursue his love of fine art. He paints plein air landscapes, still lifes and figurative oils.



Howard Schroeder started sculpting in 1972 while stationed for the Navy in Winter Harbor, Maine. During the next four years he developed a fascination for sculpting and wood working in general; discovering tools, different woods, finishes, and endless ideas. A kayak, dining tables, many sculptures, frames, furniture, and more were created on his work bench.

Upon discharge from the Navy, Howard settled in North Carolina and spent his wage earning years as a tennis pro and father, leaving no time for sculpting. However, he frequently sketched, creating many images and filling several sketch pads. After 25 years of teaching tennis, he pulled out those sketch pads and resumed wood working.

FROM THE PRESIDENT

Northfield - Becoming a Senior Friendly Community?

By Gerry Gengenbach

In September Lynne Pederson and I attended a conference entitled “Engaging Communities to Age Well.” It was my first experience at a conference focused just on senior centers. As your president of the Northfield Senior Center Board of Directors it seemed like a perfect way for me to gain some new perspectives. The conference was really about the bigger task of how senior centers can help their communities become more “senior friendly.”

What I learned is that **what is good for seniors is really good for all ages.** A picture from the conference says it best:



Cont. on pg 5

Two Poems by Antonia Glen

ALONE & BORED

Alone in a crowd longing for the solitude of a favorite chair

Bored in a messy house longing for another workday

Alone in my house longing for people

Bored at work longing for a day off

Alone is being out of sync with others
bored is being out of sync with life

life offers choices to fill every moment of life
mind puts value on the choices
spirit develops synchronicity and fullness

MY VOICE

My voice is but a note in a bottle

cast onto useless and unworthy waters

found and treasured in a new land

A MOMENT IN TIME

A Moment in Time was initiated in the September, 2013 issue of this newsletter. It was created to serve as a forum for our members' writings: short stories, memoir, poems or essays. If you have something to submit, please send it to me at patsydew@nscmn.org, or put it in my staff mail box. If you have a great moment to tell about, and would like help writing it, give me a call, 664-3708.

- Patsy Dew

Purpose, cont from pg 1

Commission, which he enjoyed because he likes to see what's going on, and have something to say about how our community is planning for the future. More recently he has been one of the AARP Safe Driving instructors. He enjoys this, in part because it is fun for him, he likes to tell stories, and he likes to teach.

Bev Lubbers worked as a business services manager for a medical clinic. In that job she did coding, kept

medical records, processed billing and supervised 30 employees. She likes to be busy and feel she is accomplishing something, and she also likes being around people, so volunteering as a receptionist here has been a good fit.

Dale Sheldon recently retired from his career as a lawyer, which has opened up time for a long-held interest in carpentry. He said, "It is more fun to do stuff when you don't have to." He would also rather help someone else than just spend time on per-

sonal projects. We are benefiting from both of those impulses this month, as Dale has taken on constructing set pieces for our melodrama!

Beth Endert is still working as an intensive care nurse, a career which drew her because she likes helping people. She started coming to The Center ten years ago for her own health while rehabbing a broken knee. She soon fell in love with the place, and found many ways to employ her interest in helping people: taking blood pressures once a week, serving as a pool monitor and as a reception-

ist. These activities also feed her interest in socializing and getting to know others. Beth loves the way the members here are working on improving their health and well-being.

To find more great articles about this topic, look at this website: www.nextavenue.org. There you will find a section on "Work & Purpose" (along with many other interesting topics).

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 Sign Ups +), or in person at The Center.

OWLS LEARN AND LUNCH: PRAIRIE RESTORATION

Wed. Nov. 11, 10:30-11:30A

River Bend Nature Center brings a third series of natural history talks to the Senior Center this fall. OWLS (Older Wiser Livelier Seniors) programs feature an expert presenting on a topic dealing with the nature and environment of this area. Lunch following the program will be on your own in the Sunshine Café and is not included in the price.

This month, John Pauley presents a program on the importance of prairies, the native species that thrive there and what is being to manage and restore these habitats.

Cost: \$6

COLOR YOUR WAY TO CALM

Mon. Nov. 9, 6-8P

Coloring is not just for children any more. It has been shown to be beneficial for adults as a highly effective de-stressor. Coloring promotes wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. In fact, publishers have lately been launching coloring books specifically for adults. Join the trend and rediscover the joys of coloring. Shona Brooks from the Eclectic Goat will provide 3 posters to color from her amazing collection of drawings and coloring materials from different media.

Cost: \$10 for materials all membership levels

FUN WITH WATERCOLORS

Wed, Nov 11
9a* or 10a* - 3p and
Thurs, Nov 12, 9a - 2p
Teacher: Kathy Miller

Come join me on a creative adventure as we explore a variety of techniques basic to all watercolor paintings. In this two-day workshop we will experiment with wet-on-wet and wet-on-dry washes, mingling, blending and glazing of colors, as well as the processes of lifting and “saving the whites.” Several small studies will be completed in class. Students of all levels are welcome, as each participant will work at his/her own level.

*Those who are beginning painters will start one hour earlier on the first day to allow time to set up our palettes and go over some watercolor basics.

Materials list available online and at the Front Desk

Cost:

**Beg - \$66m/\$88nm
Int.med - \$60m/\$80nm
Plat Equiv, no fee**

A REAL LIVE MUSIC MAN

Mon. Nov. 23, 7P

Northfield's own Joy Riggs will give us the highlights of a book she is writing about her own Great Grandfather, a 19th and early 20th Century Midwestern Band Director, a real live Music Man. He toured with a band in the early 20th Century that visited Civil War Battle Fields to dedicate monuments to Soldiers from the upper Midwest Joy is an award winning magazine columnist, writer and a blogger at My Musical Family.

Cost: \$3

BASIC ADOBE LIGHTROOM

Mon. Nov 9 & 16

10a - 12p

Adobe Lightroom is one of the premiere tools available for organizing and optimizing digital images. It is a stand-alone tool that can also serve as a front-end to Adobe Photoshop, Adobe Elements, or other editors and image manipulation tools. We'll look at how to organize your images and use Lightroom's non-destructive editing tools to adjust images and correct some of the common flaws found in digital images.

If you have Lightroom software on a laptop, bring it.

Teacher: David Perez

Cost: \$24m/\$32nm (Plat Equiv, no fee)

CLASSES AND TALKS

ARTIST'S CALL

ART

Two opportunities to display your artwork in the Senior Center Gallery:

1 - Annual Senior Open: Nov 30 - Jan 3 Submit one piece for this group show

2 - Apply to have your work shown in a solo, or duo show during 2016.

If you are interested in either opportunity, let Patsy Dew know: patsydew@nscmn.org by Nov 15.

From the President, cont from pg. 2

The workshops, speakers, and conversations were excellent. I came home with ideas to share with our Board and Committees. One workshop made a special impression. The title was "Senior Center Design for Today and Tomorrow." It was presented by a wife/husband team of architects, Ellen and Douglas Gallow of Lifespan Design Studio, LLC, Loveland, Ohio. They have designed more than 50 senior centers and are currently working on the new Rochester Senior Center. They listed three goals in new senior center design.

1. A facility that is a good fit for the activities it accommodates.
2. A facility that is flexible and adaptable to accommodate change.
3. A facility that is seamlessly accessible and user-friendly for participants of all ages and abilities.

These seem to be goals that are already incorporated into our current Northfield Senior Center, either originally or in the many changes and improvements that have been made. As I've said before, the NSC is "A Step Ahead!"

That advanced thinking is especially evident in one other list from this workshop. These architects gave us a list of "What's Trending Now" (in senior center design for today and tomorrow).

1. Social Space (inside and out) – like our lobby, patio, and coffee corner.
2. Cafes – like our Sunshine Café.
3. Exercise Studios and Equipped Fitness – we have both.
4. Pools – (especially the warm water kind)
5. Art Studios – This is the one we don't have, but we're working on it!
6. Learning Centers replacing computer labs. (I'm not sure what this means but it deserves discussion.)

We were constantly reminded that today's seniors are a very diverse population and no one size fits all.

I was also gratified to realize that our Northfield Senior Center is probably one of the best and most up-to-date senior centers in the country. We don't have everything right. But we are always working to improve, update and repair what we have to provide a place where Northfield seniors can live well, where being a senior is cool!

Congratulations and thank you to our staff, our 669 volunteers, and the 1,117 donors! You're GRRRRRRREAT!

CLASSES AND TALKS

COMPUTER CLASSES

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

OPEN LAB PLUS
Thursdays, 4 - 6p
 Every Thursday a St Olaf student, Nathan, is in the Computer Lab to answer tech. questions you may have. NEW: Please sign up with the Receptionist for a time slot with Nathan. Bring your questions about your computer, your smart phone, or your tablet.

<p>HOLIDAY CORRESPONDENCE Mon. Nov. 2 9:30 - 11:30a Instructor: Jim Finholt Cost: \$10 m/ 15 nm</p>	<p>WINDOWS 10 DEMONSTRATION Sat, Nov 7 9:30- 11:30am</p> <p>This will be a lecture demonstrating the Windows 10 operating system. It will discuss the similarities and differences between Windows 10 and earlier Windows operating system. One of the major changes from Windows 8 is the replacement of the Charms column with something similar to the Start button in earlier systems. There will be time for questions. Prerequisite: Familiarity with any earlier Windows operating system Instructor: Jim Finholt Cost: Free</p>	<p>HELP FOR USERS OF SMART PHONES AND TABLETS NOT MADE BY APPLE Sat, Nov 14 9:30 -11:30a</p> <p>This will be a give and take sharing for folks using devices based on Android, Windows, or other operating systems not made by Apple. There will be time to ask and answer questions. The desirability of developing classes based on non Apple devices will be discussed. Bring your device, a power cord, user name, password, and any written instructions you may have. Cost: Free Instructor: Jim Finholt</p>
<p>FACEBOOK AND PRIVACY Tues/Fri. Nov 3/6 9:30–11:30a Instructor: Barb Henwood Cost \$20 m/25 nm</p>	<p>MICROSOFT WORD/WIN T/Th Nov 10/12 & 17/19 9:30-11:30a Instructor Lee Klimisch Cost: \$40m/45nm</p>	
<p>MICROSOFT WORD/MAC W/F Nov 11/19 & 18/12 9:30-11:30a Instructor:Barb Henwood Cost: \$40 m/45 nm</p>		

VOLUNTEER

INTERESTED IN HELPING OTHERS, LIKE COMPUTERS, ENJOY NUMBERS? GREAT VOLUNTEER OPPORTUNITY!

Consider becoming an AARP Tax Counselor. It is rewarding volunteer activity. Experience isn't necessary — we'll train you on the latest tax preparation forms and software. Schedule will likely be 4 hours, twice a week during February through mid-April or 6 hours one day a week. Opportunities available in both Faribault and Northfield. Help us keep this valuable program going. Fill out this online form: http://www.aarp.org/apps/Volunteer_with_AARP_Tax_Aide/

GIVE TO THE MAX DAY
 November 12, 2015

Give to the Max Day is a way to make online donations to your favorite nonprofit organization. We hope that your favorite is the Northfield Senior Center. When you give on GiveMn.org, there is a 4% admin fee that comes off your donation before it goes to the nonprofit. To donate to the Northfield Senior Center you can use the GiveMn.org website. Or you can donate online at www.northfieldseniorcenter.org, mail or drop off the donation at the Center, or sign-up to be a sustaining monthly donor. It is the way to have your donation just keep on giving. All donations are appreciated! If you have questions, please contact Lynne at 664-3701.





THE KING'S ROOM, ST OLAF COLLEGE
Tues, Dec. 15, 11:30a

Join us for the annual holiday feast at the beautiful King's Room in Buntrock Commons at St. Olaf College. Parking is a problem so try to drive there with friends. It is possible to take the Hiawathaland Blue Route transit bus from various locations; check with the City of Northfield website (under Our Community, Transit) for detailed info. Please fill out a class registration slip and pay for this meal in advance. Cost includes a gratuity. Reservations are absolutely required.

Cost: \$15
Sign up deadline:
Dec. 8

TRANSPORT MUSEUM, ROUNDHOUSE AND TRAIN DEPOT ST PAUL, MN
Wed. Jan. 20
Time: TBA

Join us for an unique tour of St Paul's Transportation structures: the Minnesota Transport Museum, the Jackson Street Roundhouse and the St Paul Depot. We'll stop for lunch on your own at Kristo's (at the Depot). More details in the December issue of the Newsletter.

Cost: TBA
Sign up date: TBA

SINATRA HOLIDAY BASH: "CHRISTMAS MY WAY"
PLYMOUTH PLAYHOUSE, PLYMOUTH, MN
Sat, Nov. 21
12:00 - 6:00 p

Celebrate the holidays in swingin' style with Old Blue Eyes at the Plymouth Playhouse for a *Sinatra* Holiday Bash. You will hear Christmas favorites and *Sinatra* classics at this special performance. We will arrive early to partake in lunch at the Green Mill Restaurant before the show. Details about lunch will be in next month's Newsletter. Lunch is on your own.

Cost: \$58
Sign up deadline: Nov. 5

" A CHORUS LINE"
ORDWAY THEATER, ST PAUL
Wed. Feb 24
11:30a - 4:30p

This musical follows seventeen dancers as they vie for the opportunity of a lifetime – who will make the cut to join the chorus line? Featuring classic songs like "What I Did for Love," this Broadway won nine Tony Awards, seven Drama Desk Awards and other honors

Cost: \$96
Sign up deadline: Dec 30

"FIDDLER ON THE ROOF"
BLOOMINGTON CENTER FOR THE ARTS
Sat. April 23
Time:TBA

"Fiddler on the Roof" has been called "One of the most glowing creations in the history of musical theater." Set in Imperial Russia in 1905, this heartwarming story is centered around the father of five daughters, and his attempts to maintain his religion and cultural traditions.

Cost: \$53
Sign up deadline: TBA

TRAVEL NEWS

FUTURE TRIPS!

Glass Museum and Lunch at Mediterrean Cruise Restaurant - TBA March

Cirque de la Symphone at Orchestra Hall May 22

Calendar Girls, Park Square Theater- TBA June

South Pacific, Guthrie

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

Minutes of the September 24 Board Meeting

Directors present: Nancy Ashmore, Bernard Borene, Tom Brawley, Beth Endert, Gerry Gengenbach, Bill Gruszewski, Duane Everson, Marvin Kormann, Greg Smith, Richard Jackson, Dan VanTassel, Phil Winter, Bob Craig

Absent: Jerry Gehler, Elizabeth Olson

Staff present: Lynne Pederson

Others: Michelle Remold

CALL TO ORDER

The meeting was called to order by Gerry Gengenbach at 3:00pm

Action: Minutes from the July Board Meeting were accepted.

REPORTS

Review and approval of Financial Reports

Bill Gruszewski reported. August was a rough month in the market and that is reflected in the financial statement. August loss was \$5000, but in July we were up \$11,000. The goal is to keep year to date amount for profit loss to around zero.

Annual Fund Drive we are ahead of where we were at this time last year. Used A Bit Shoppe in August is continuing to make a profit. Popcorn Wagon is making a profit as well and had three rentals from Carleton.

Finance Committee

Bill Gruszewski presented. On the minutes the Annual Fund Drive income in August was around \$9,000.

Facilities Committee

Automatic door openers are being installed around the Center. The study of the roof over the pool will be completed this fall.

Membership Committee

Nancy Ashmore reported. The electronic sign will be presented to the zoning committee in October. There was a meeting with NCRC about signage and sharing the use of the sign. We have been looking the possibility of advertising on busses.

Advancement Committee

Beth Endert reported. Everything was ready to go for the Volunteer/Donor Recognition.

Executive Director Report

Lynne Pederson reported. There is staffing turnover in the Sunshine Café, but SEMCAC is still supportive of the Café. We had some guests from Wasau, WI because they are building a Senior Center there. We will be working with Carleton on an App they are creating. The first draft of the budget was distributed to Finance Committee. NCRC budget is due this fall. Michelle is going back to school and is off Friday afternoons and there is a new assistant manager at the Used A Bit. Gerry and Carol Gengenbach and Charlie and Lynne Pederson went to a conference in Indiana on Senior Centers.

OLD BUSINESS

There was no old business to cover at this time

NEW BUSINESS

Strategic Plan

The plan will be put out in October and the board will look at where we are on the plan and how we want to proceed going forward.

ADJOURNMENT

The meeting adjourned at 4:01pm.

OPEN ENROLLMENT FOR MEDICARE PART D AND SUPPLEMENTAL HEALTH INSURANCE

This year the time frame for open enrollment for the Part D Drug and the supplemental health plans is similar to last year and will run from October 15 to December 7. This gives people with Medicare a full seven weeks to compare and make decisions, and ensures that they will have essential plan materials and membership card in hand on January 1, 2016 when new coverage begins.

You will be receiving the 2016 Plan Information from your Part D Drug and Supplemental Health Plans in the mail in the next few weeks. Be sure to read the information. Plans change their premiums, co-payments, deductibles and drug formularies every year. It is in the best interest of every Medicare beneficiary to review their plans and to compare it to others that are offered. In some cases you may save money by switching plans.

If you would like to have your drug and/or health plan evaluated, please pick up a form at the Senior Center or use the attached form in this newsletter. Fill it out with your prescription information including dosages and return it to the Center in a sealed envelope. Do not include over the counter drugs. A Medicare volunteer will process your information and call you with the results. If necessary an appointment for you with the Medicare volunteer will be scheduled.

OPEN THE DOORS!

Have you noticed the new Auto Door Opener buttons around the Northfield Senior Center? After years of studying the problem of heavy doors into bathrooms, the fitness room and the pool, a helping hand, or rather, a helping **BUTTON** has appeared next to those heavy doors. New automatic door openers are now making it much easier to enter and leave those areas. Thanks to the generous donors, Facilities Committee, our custodian Jay Grossman, and electrician Perry Kruse it is much easier for people with walkers, wheelchairs, and those with their hands full to come and go. Let's help keep our Senior Center moving forward!

NEWS



ATTENTION ALL VETERANS OF FOREIGN WARS

The Library of Congress in Washington, D.C. is looking for non-fiction stories about your experience for their Veteran's History Project. If you are interested in an interview, please contact Patsy Dew at the Senior Center, or Steven James Beto at (507) 201-5499.

NORTHFIELD ACT ON ALZHEIMER'S COMMUNITY SUMMIT, BETHEL LUTHERAN CHURCH

Learn about Alzheimer's disease and related dementias at a Community Summit Tuesday, November 10 at Bethel Lutheran Church, sponsored by Northfield ACT on Alzheimer's.

Learn the 10 Warning Signs of Alzheimer's, how to care for yourself as you give care, how to engage your family in caregiving and decision-making, and what resources are available for you and your loved ones in Northfield.

89,000 people in Minnesota have Alzheimer's disease and there are 245,000 caregivers providing care for family members in Minnesota. Projections show that the number of new cases of Alzheimer's disease will double by 2050. Alzheimer's affects us all. Learn more about this devastating disease.

Cost for the Summit is \$15, with coffee, pastries and lunch included. Registration begins at 8:30 a.m. with the Keynote Speaker at 9:15. Adult Day Care will be available for those who need care for family members, with previous arrangements. Online registrations will be accepted at: www.northfieldseniorcenter.org/events/events/ or in-person at Three Links Care Center, Northfield Retirement Community and Northfield Senior Center. Register today.

DONORS

Thank you to these September Donors

Jim & Phyllis Bull, Margaret Pesheck, Nancy Ashmore, Richard Allen, Gerry & Carol Gengenbach, David & Joey Appleyard, Solveig Bailey, Warren & Karen Broughton, Mary Brown, William & Charlotte Carlson, Eileen Cooper, Thomas DeWolfe, Larry & JoAnn Edwardsen, Chris Ellison, Gerry & Carol Gengenbach, Marie Gery, Bonnie Gretz, Georgene Johnson, Jackie Johnson, Julie Klassen, Marv & Rose Kormann, Harriet Menard, Mary Olander, Elizabeth Olson, Charles & Lynne Pederson, Ken & Roberta Persons, Gordon & Emelda Rasmussen, Bardwell & Charlotte Smith, Margaret Stary, Ted & Marge Vessey, Linda Wagenbach, Karen Johnson, Judy Broske, Bart & Susan de Malignon, Winnie Drentlaw, Malcolm & Jacquelyn Gimse, Doug & Sue Ims, Elizabeth Williams, Barbara Knaak, Joan (Jo) Olson, Barbara Sawyer, Norris & Joyce Stephenson, Marlys Ayotte, Beth Endert, Mary Raney

MEMBERSHIP

Welcome to these new members

Leo Pondelick, Margaret Huber, Philip & Nanette Arana, Sandra Mulford, Richard & Karen Wiringa, Sheryl Schrader, Gabriel Erazo Antonio, Nathan Olien, Sally Ray, Timothy & Patricia Babbini, Elaine Haan

SILVER SNEAKER & SILVER & FIT MEMBERSHIPS

All Silver Sneakers and Silver & Fit memberships automatically end on December 31st as they are based on your medical insurance. Because of the open enrollment period we need to be informed which insurance you have chosen for the next year. If it is the same insurance plan as in 2015, all you need do is fill out a small membership form with your name and "SAME INSURANCE". List any other changes we need to be aware of.

GROUP ACTIVITIES

BOOK CLUB

2nd Friday of every month at
10:30a

NOV: THE LADY IN GOLD by Anne
Marie O'Connor

Airport Service

Every time you call on us...

www.YouArriveOnTime.com

RELAX AND ENJOY
VACATION OR WORK

To & From
mSP
Minneapolis-St. Paul
International Airport

First Choice Shuttle

Ron: **507-339-1651**

Airport Direct and/or Shared Shuttle for all your destinations

MR. JST TECHNOLOGY CONSULTING

Windows • Macintosh • Training • Support • Home Networks

Need Computer Assistance?

We Are Your Local
On-Site Solution!

301 Division Street S.
Downtown Northfield

www.MrJST.com • MrJST@MrJST.com • 507-786-9578

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**
Michelle Remold

**Used A Bit
Shoppe / 645-1399**
Kristi Casson

**Dining Site & Popcorn
Wagon Mgr / 664-3735**
Gail Noren

**Evening/Weekend
Receptionists / 664-3700**
Janice Kasa, Barb
Henwood, Ruth
Johnson-Wirth,
Pat Sunquist, Beth
Endert



Northfield ACT on Alzheimer's Community Summit

Tuesday, November 10, 2015

Bethal Lutheran Church, 1321 North Ave, 55057, Northfield MN

Community members are invited to learn more about Alzheimer's disease and related dementias at a Community Summit. Keynote speaker: Understanding Alzheimer's Disease. Debbie Richman, BS, AC-BC, ACC Alzheimer's Association, Minnesota-North Dakota Chapter

Email questions: northfieldact@gmail.com

REGISTER TODAY!

The Summit is sponsored by Northfield Act on Alzheimer's.

DYNAMIC LIST OF SPEAKERS!

Topics to be covered include:

- A better understanding of the 10 Warning Signs of Alzheimer's
- Legal issues – Getting your house in order
- Taking the keys away from an older driver
- Caregiver self-care while caring for someone with dementia
- Strategies to hold a successful family decision-making discussion
- Community resources available in Northfield.

Cost is \$15, with coffee, pastries and lunch included. Registration begins at 8:30 a.m. with the Keynote Speaker beginning at 9:15. Adult Day Care will be available for those who need care for family members, with previous arrangements. Online registrations will be accepted at the Northfield Senior Center or in-person at Three Links Care Center, Northfield Retirement Community and the Northfield Senior Center.



PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264



We Put the "Care" in Homecare

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

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

Northfield Home Care



507-646-1457

www.northfieldhospital.org/homecare
2000 North Avenue, Northfield

One way to support the Center

SHOP AT THE

Used a Bit Shoppe!

624 Water St. S

(In the River Park Mall)

Open Mon - Sat, 10am - 5pm,

Thurs, 10am - 7pm





Northfield Senior Center

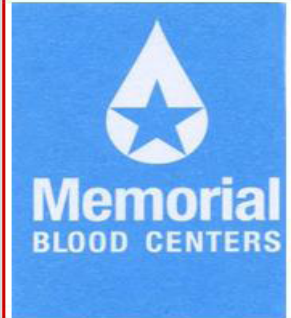
1651 Jefferson Parkway
Northfield, MN 55057

<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.

Non-Profit Org.
U.S. Postage Paid
Permit 31
Northfield, MN
55057



Northfield Community
Blood Drive
Tuesday, Nov 10,
9:30am - 5:30pm
at the Senior Center
Rm 106



FRONT DESK: 507-664-3700

CENTER LOBBY & FITNESS CENTER HOURS

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





Annual Melodrama
Produced by special arrangement with Pioneer Drama Service, Inc., Englewood, CO

Blazing Guns at Roaring Gulch

by Shubert Fendrich

Nov. 20 · 7pm
Nov. 21 · 7pm
Nov. 22 · 3pm

Tickets \$10 adult, \$5 children at NSC front desk or northfieldseniorcenter.org. Dessert served!
NSC Stage, 1651 Jefferson, Northfield