



Northfield Senior Center

**active,
connected,
engaged**

Gallery.....2
 News.....3
 Moment in Time...Insert
 Classes and Talks4-5
 Computer Classes.....6
 Spotlight.....7
 AARP Classes.....8
 Fitness.....8
 Volunteer.....9
 Cafe.....10
 Group Activities.....10
 Trips.....11
 Board of Directors.12-13



**THE SENIOR CENTER
 WILL BE CLOSED
 ON THURSDAY,
 NOVEMBER 24 FOR
 THE THANKSGIVING
 HOLIDAY.**

Center News

FOR ACTIVE OLDER ADULTS



LET US ENTERTAIN YOU! by Patsy Dew

Do you have Election Fatigue? Are you worrying yet about whether the snow blower will start? Not sure you will be ready to cook for twenty-five close and distant relatives this Thanksgiving? Put your troubles aside, and come to this year's melodrama, *The Girl of the Frozen North*. Once again the Encore Players have put together a fun show, guaranteed to make you laugh.

New this year we bring you musical olios, under the direction of Dave Miller, who was the musical director for last spring's Radio Dramedy. You will recall the cast singing the commercial jingles of the era of radio. Olios are true to the period of melodramas, the 1890's

through the turn of the last century. This tradition inserted scenes or songs into the play. We will be adding lovely (and in some cases humorous) solos, duets, quartets and full-ensemble songs of the period. Come to listen to the melodic tenor of Reid Hendershot singing *My Wild Irish Rose*, or the expressive soprano Holly Fischer singing a *The Frozen Logger*.

The melodrama is set in a seedy hotel, owned by the villainous Mr. Cesspool. There is a snowstorm raging outside for the duration, with snow blowing in each one of the two doors to the outside opens. Lodging at the hotel is a stranded Shakespearean actress and her klutzy maid, who yearns for a life in show business. The heroine and her mother happen

upon the hotel while lost in the snowstorm searching for a lost family member. Other characters include an absent-minded professor, an Eskimo working as the hotel maid, a fur trader, and of course a Hero – in this melodrama a Canadian Mountie, who will remind you of Dudley Do-Right. Our hero is constantly dashing into the storm to rescue others, who he then attempts to carry back into the hotel.

Performances are at 7:00 pm on Friday, Nov 4, Saturday, Nov 5, Saturday, Nov 12, and at 2:00 pm on Sunday, Nov 13. Tickets are available at the Front Desk, and may also be purchased online. Go to the Arts/Theater page on our website for easy access to online tickets.

Cast: Kathy Doran-Norton, Dan Van Tassel, Jane Greenwood, Peggy Sheldon, Carolyn Ruccolo, Dick Waters, Rhoda Van Tassel, Kevin Ely, Claire Hill, Marie Gery



GALLERY

**Current Exhibit:
Continues through November 20
Daniel Martin's
Collection of Vietnamese art**



**OPENING
RECEPTION**

**TUES,
NOVEMBER 29
4 - 6 PM**

**Upcoming Exhibit: Senior Open
Nov 21 - Dec 30**

This will be the 7th Annual Senior Open exhibit. When the art gallery was formed in late 2010 the first exhibit was a non-juried show, open to all artists in the community aged 50 and above. Each year since, we have had this special group exhibit inviting senior artists in the region to show one piece. Come to the Opening Reception on November 29 to meet and celebrate the creativity that continues throughout the lives of these artists.



**National Cremation
SOCIETY®**

**Not interested in the high costs or full services
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National Cremation Society.**

Call today to set up a no-obligation appointment and get the information you need to make a decision that is right for your family.

Mike Murphy, 507-216-7714
or email Michael.Murphy@nationalcremationsociety.com

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INSURANCE BASED MEMBERSHIPS

The Senior Center supports Silver Sneakers and Silver & Fit memberships from Medicare Supplemental policies.

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 2016, 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.

Please Check In at front desk or kiosk

Whether you are on one of the insurance programs that pays you to exercise or not, the Sr Center NEEDS to know how many people are participating here, and what activities they value. This information helps gain grant support, and helps with decisions about future programming. For example, if 20 people attend a class, but our system says only 7 were there, that class may be canceled in the future.



The Annual Fund Drive will end December 30th.

We have only two months to reach the goal of **\$70,000**. So far, \$47,890 has been donated from 257 members including 44 sustaining donors. Donations can be made by check, cash, or credit card. Or become a sustaining donor by giving each month. *However you give and the amount you give is appreciated.* Make your donation today and help us reach the goal. For information on being a sustaining donor, see Lynne, Director.

NEWS

SESSION BASED FITNESS/HEALTH CLASSES VS. ONGOING CLASSES

PLEASE NOTE THAT SESSION BASED FITNESS/HEALTH CLASSES ARE LIMITED ON THE NUMBER OF PARTICIPANTS. THESE CLASSES ARE SIGN UP CLASSES, AND INDIVIDUALS MUST SIGN UP PRIOR TO THE CLASS.

ONGOING CLASSES ARE CLASSES THAT ARE ON OUR GROUP EXERCISE SCHEDULE AND ARE ONGOING, YOU DO NOT HAVE TO SIGN UP IN ADVANCE FOR THE CLASS.

WE DO ASK THAT FOR ANY KIND OF ACTIVITY OR CLASS THAT YOU SIGN IN AT THE FRONT DESK OR KIOSK FOR PARTICIPATING AT THE CENTER.

CLASSES AND TALKS

SENIOR LINKAGE LINE: WHAT IT CAN DO FOR YOU

Thu, Nov 3
10:00 - 11:00am

Are you turning 65 soon? Are you a caregiver for a relative? Are you planning on living in your own home for as long as possible or considering a move to assisted living? Are you confused about your Medicare drug plan? Arlene Theye with the Southeast Minnesota Area Agency on Aging will explain the many services the Senior Linkage Line offers. Older adults and their families can receive objective help and a wealth of information on the issues above and so many more. Find out what they can do for you.

This program is free to all membership levels

AGING MASTERY PROGRAM

Thu, Nov 3 - Jan 26
1:30 - 3:00pm
10 Thursdays
Nov 3, 10, 17
Dec 1, 8, 15
Jan 5, 12, 19, 16

Three Links Campus,
Northfield

Aging Mastery Program (AMP) is a fun, innovative, person-centered program developed by the National Council on Aging. This 10-session health and wellness series will offer the

opportunity to hear local experts in the fields covered in the courses discuss the latest research and findings and present modest lifestyle changes to empower and support health, longevity, financial security and well-being. This is a unique opportunity to be a part of this movement to put more life into our retirement years. Previous participants stated that they found the speakers “top-notch”, the discussions to be very interesting and helpful, and would highly recommend this series to others.

This time the series will be held at the Apartments on the Three Links campus. This series is open to all community and Center members age 55+. Register soon as space is limited. See the brochure at the front desk for more details.
(10 sessions)

Cost: \$50, \$25 Plat Equiv.
Scholarships are available.

NORWEGIAN FOLKLORE PHASE 2: FROM ASBJORNSEN AND MOE TO EDNA HONG

Every other Mon
Nov 7, 21, Dec 5
3:00 - 4:15pm

Norwegian Folklore: from Asbjornsen and Moe to Edna Hong
Or, “Giants, and Trolls, and Nisse. Oh, my!”
Readers’ Theater
performance on Dec 10

We look forward to a delightful reading and discussion of these tales as we meet witches, trolls, ogres, princesses and country bumpkins turned heroes. These folktale collectors have been compared to the Brothers Grimm.

I hope you can find the time to enjoy these explorations with all of us. The second phase of the class begins in November when we shall prepare a Readers Theatre Presentation for the Holidays from the works of Edna Hong. The book is available in paperback at Content for \$15.95

Cost: Phase 2 – \$ 10m / \$0
Plat Equiv

**Teacher/Director – Sylvia
Langworthy**

TAKING THE LID OFF YOUR LIFE

Tue, Nov 8
10:00 - 11:30am

Presentation about Lin
Bruce’s Bike Travels
**Are you wanting
something more?**

It was 1999—her 60th birthday—when Lin Bruce started her riding her bicycle across the U.S. for fun and adventure. Since then, she has crossed our continent four times, and ridden from Northfield to Cheyenne, WY for her 50th and 60th high school reunions. Each ride has added to her sense of

personal possibility and to the breadth of her life.

Come hear local motivational speaker Lin Bruce tell her unique and inspiring story, and learn the “5 Keys for Taking the Lid Off Your Life” that power each of her new endeavors.

Warning: Your life may never be the same!

This talk will be presented at two venues—pick the time and place that works best for you.

Northfield Public Library: Thursday, Nov. 3 at 7pm
Northfield Senior Center: Tuesday, Nov. 8 at 10am



VINTAGE BAND PROGRAM
Mon, Nov 14
7:00 - 8:30pm

“Get Your Horn, Boys, We’re Starting a Band”

In 1912, a cowboy band and a group of Blackfeet Indians from newly developed Glacier National Park traveled to expositions in Minneapolis and Chicago to promote the state of

Montana. Hired by Great Northern Railway President Louis W. Hill, the son of James J. Hill, the musical ensemble included a cornet soloist named G. Oliver Riggs.

Award-winning freelance journalist Joy Riggs, the great-granddaughter of G. Oliver Riggs, will tell the story of this unusual adventure in an engaging presentation at the Northfield Senior Center. The event is co-sponsored by the Vintage Band Festival. This program is free and open to the public.

OLIVE OIL: THE TASTY HEALTH BENEFITS

Tues, Nov 15
1:00 - 2:30pm

Join Sherry Morgan from Northfield Olive Oils & Vinegars for a discussion on the health benefits of Extra Virgin Olive Oil. We will sample several varieties of extra virgin olive oil and learn what makes a good olive oil and how to identify the bad ones. We will also look at the health advantages of using extra virgin olive oil as the primary oil in your everyday cooking. As a bonus, we will talk about the ancient art of cooking grape-must and the health benefits of balsamic vinegar. Add a healthy and tasty zing to your holiday cooking!

Cost: \$4, Plat Equiv: \$0

ASPIRATIONS AND

BUCKET LISTS

Wed, Nov 16
10:00 - 11:00am

Everyone talks about “bucket lists” – those things that you aspire to do during your lifetime. But, what goes into a bucket list to make it meaningful and achievable for you? Enjoy an hour of dreaming about what might be possible, new things you want to try, places you want to see, skills you want to learn. Then find out how to work at making these goals a possibility. This is an AMP elective and is open to anyone who believes that you should never stop having fun.

Class is limited to 20 people so sign up soon.

Cost: \$4, no fee for Plat Equiv or AMP students and graduates
AMP students and graduates must register by phone or in person

CPR AND FIRST AID AND AED TRAINING

Tue, Nov 22
3:00 - 6:00pm

Become CPR and First Aid Certified

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

Instructor: TJ Heinrcy

CLASSES AND TALKS

COMPUTER CLASSES

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

MICROSOFT WORD/WIN

Tue/Thu, Nov 8 - 17
9:30 - 11:30am

This course builds on basic word processing skills for people ready for an intermediate level of word processing. Students use *Microsoft Word* for more features to enhance any document. They navigate its many menus, bars and buttons. They manage files, open/close multiple documents simultaneously, and copy and move text between documents. They customize tab and margin settings, use advanced formatting skills, are exposed to print properties, and save files to various locations. They use built-in Help: Auto Correct & Complete, Spelling & Grammar Check, and Thesaurus.

(4 Sessions)

Prerequisite: *Word Processing Basics/Win* or equivalent

Cost: \$40/m, \$45/nm, \$0 plat. equiv.

Register by: Noon

Wednesday, November 2

Instructor: Lee Klimisch

MICROSOFT WORD/MAC

Wed/Fri, Nov 9 - 18
9:30 - 11:30am

This course builds on basic word processing skills for people ready for an intermediate level of word processing. Students use *Microsoft Word* for more features to enhance any document. They navigate its many menus, bars and buttons. They manage files, open/close multiple documents simultaneously, and copy and move text between documents. They customize tab and margin settings, use advanced formatting skills, are exposed to print properties, and save files to various locations. They use built-in Help: Auto Correct & Complete, Spelling & Grammar Check, and Thesaurus.

(4 Sessions)

Prerequisite: *Word Processing Basics/Mac* or equivalent

Cost: \$40/m, \$45/nm, \$0 plat equiv

Instructor: Barb Henwood

SCANNING PICTURES

Tue, Nov 29
9:30 - 11:30am

Share your pictures of the grandkids with others. This course shows how to scan photos of any size from small snapshots up to 8x10 inch photographs. Choosing the size and the cropping of the scanned photo will be demonstrated. Students can bring a couple of pictures

to be scanned and saved to their flash drive. Canon scanners and software will be used. Students can choose to work on a computer set to be a Macintosh machine or a Windows machine. Students should bring a USB flash drive.

(1 Session)

Prerequisite: *Intro to Computers* or equivalent

Cost: \$10/m, \$15/nm, \$0/ plat equiv

Instructor: Jim Finholt

NEW LIFE FOR OLD SLIDES

Mon/Thu, Dec 1 & 5
9:30 - 11:30am

The course presents two procedures for scanning 35 mm slides to produce electronic slide files. Electronic files have many uses. They are readily stored. They can be easily copied and distributed. They can be used to insert pictures into documents. Students will need to bring five or six slides to the class. Students should bring a USB flash drive.

(2 Sessions)

Prerequisite: *Organize My Computer* or equivalent

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

Instructors: Ed Lufkin and Jim Finholt

FITNESS SPOTLIGHT

Meet: Group Exercise Instructor/ Personal Trainer, and newly married Kaethe Boutelle of the Northfield Senior Center. She teaches numerous classes at the Northfield Senior Center on Thursdays and Fridays, such as: Aqua Fitness, Core and More, Circuit Training, Gentle Chair Yoga, Cardio Strength Mix, and Cardio Balance Strength.

Certifications: ACE (American Council on Exercise) Personal Trainers, AFAA (Athletics and Fitness Association of America) Instructor, Functional Aging Specialist, Zumba Certified Instructor, Silver Sneakers Certified Instructor, and numerous more certifications.

Hobbies:

Gardening, and Remodeling her house that was built in 1890.

Goals:

To never stop learning and adapting

Grow my personal training career

Help others live their best life, no matter their age or abilities

Favorite Quote:

“Well that did not go as planned...”



AARP SMART DRIVING CLASSES

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

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

AARP SMART DRIVING CLASSES

These courses are designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premium. First timers must take the 8-hour course then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

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](#)

Thur, Nov 10
9:00am - 1:00pm

[AARP SMART DRIVING 4-HOUR REFRESHER COURSE](#)

Mon, Nov 21
5:30 - 9:30pm

[AARP, 8-HOUR SMART DRIVING CLASS](#)

Sat, Dec 3
8:00am - 4:00pm
**8-HOUR COURSE FOR
FIRST-TIMERS.**
***Bring a bag lunch**

FITNESS CLASSES

INTRODUCTION TO MEDITATION Mondays 10 to 11 am

November 21st through
December 12th

\$30m, \$40nm,
Plat Equiv No Fee

You may have heard about the many benefits of meditation but just don't know where to start. Meditation helps to calm the breath, still the mind and release stress. In this class the instructor will delve into some techniques you can

use to begin a meditation practice that is easy and effective. Through guided meditation exercises and explanation you will leave class with tools to meditate on your own. Dress in comfortable clothing.

Instructor: Daniel Martin
(Certified Yoga and
Meditation Instructor)

NORTHFIELD SENIOR CENTER BOWLING CLUB Fridays 1:30 pm

Join in the fun of non-competitive bowling at the Jesse James Lanes in Northfield. Every Friday at 1:30 pm. This is NOT a league; whoever comes can bowl.

Cost is \$3.25 per game with an extra charge if you rent shoes.

VOLUNTEER

Help Wanted for Melodrama Cake and Coffee

On Friday, November 4 (7:00), Saturday, November 5 (7:00pm), Saturday, November 12 (7:00) and Sunday, November 13 (2:00), the Senior Center Encore Players will be presenting the melodrama, "The Girl of the Frozen North." As we usually do with our theater events, we will be serving cake and coffee after each performance.

If you would be willing and able to produce a delightful and delicious **layer cake** or **bundt cake** for any of these events, your efforts and culinary skills would be greatly appreciated. Let us know for which performance you could bring your cake. Cakes should be brought to the Senior Center by 4:00 for the Friday or Saturdays or noon on Sunday. Please label the cake with the kind of goodie it is so that we can make the cake labels for the tables.

If any of you would be willing to help with set-up or serving / clean-up, that would also be appreciated. Set-up would be at 6:00 on Friday and the Saturdays or 1:00 on Sunday. Serving/ clean-up would start as soon as the performance is over and last for about an hour. Call Chris at 664-3707, send an email to chrisellison@nscmn.org, or sign up on the sheets in the women's locker room or front desk if you can help.

READING WITH 4TH GRADERS

We are starting up our Reading with 4th Graders volunteer program again. For the past 18 years the Senior Center and Bridgewater Elementary teacher Dana Holden have joined forces to help 4th graders increase their reading skills. But the children learn so much more than reading. They meet and develop a relationship with an older adult, learn about caring and communicating and volunteering.

Volunteers in this program can take pride in helping these children and in return get to witness the joy literature gives a child. This wonderful program is helping to build bridges between generations. Reading with 4th Graders is scheduled once a month for the second Tuesday of each month beginning November 8. Each session begins at 9:30 and lasts about ½ hour.

If you would like to be, or are still interested in being a part of this group of reading buddy volunteers, please contact Chris Ellison at 664-3707 or chrisellison@nscmn.org.

Used A Bit Shoppe

Needs more volunteers. Do you have an interest in retail, or cleaning and repairing things? Do you enjoy spending time with friends working on a worthy project? The Used A Bit Shoppe needs you! If interested, contact Kristi, 507-645-1399

305-V General Volunteer Employment

RECEPTIONIST

4 hour weekly shifts; seek outgoing person, willing to help with office tasks. Moderate computer skills helpful. Interest in people and the Sr Center are a must. Contact Patsy Dew, 664-3708, patsydew@nscmn.org

GROUP ACTIVITIES



SUNSHINE CAFE

OPEN 11 - 1

NOVEMBER HAPPENINGS AT THE SUNSHINE CAFÉ

- Nov. 6th Volunteer Recognition Dinner at 5pm.
- Nov. 8th Birthday Party, music from concrete Cowboy.
- Nov. 10th Bingo at 12 Noon.
- Nov. 11th Veterans Day, sing along with Marilyn Finneseth.
- Nov 16th Thanksgiving Lunch, music from Marion Concertina.
- Nov 17th Site Council, new members welcome.
- Nov 21st Music by Greg Smith & Friends.



2016 NOVEMBER MOVIES

Nov 7 ME BEFORE YOU A girl in a small town forms an unlikely friendship with a man completely paralyzed by a motorcycle accident whom she's taking care of. 2016 110 min.

Nov 14 MONEY MONSTER Lee Gates host of a financial network show has hawks a high tech stock that mysteriously crashes. An irate investor takes Gates and his producer hostage live on air. They must find a way to keep themselves alive while uncovering the truth behind big money lies. 2016 98 min.

Nov 21 THE LIGHTKEEPERS Set in the year 1912 on Cape Cod, a lighthouse keeper who has disavowed any association with females, must deal with the appearance of two attractive women who move into a nearby cottage for the summer. 2010 97 min.

Nov 28 THE LADY IN THE VAN This film tells the true story of the relationship between Alan Bennett and the singular Miss Shepherd, a woman of uncertain origins who 'temporarily' parked her van in Bennett's London driveway and proceeded to live there for 15 years. 2015 104min.



BOOK CLUB

Book Club – The book club meets the second Friday of each month (Nov. 11) at 10:30 am.

Nov – WHEN BOOKS WENT TO WAR: the stories that helped us win WWII by Molly Guptill Manning

For more information, call Katherine Collman, 645-1357

NEW MEMBER WELCOME

COFFEE HOUR

First Wed of every
month
9:00 to 10:00am



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.

**BACHMAN'S HOLIDAY
IDEA HOUSE TOUR**

Thu, Nov 17
9:45am to 3:00pm

Bachman's Holiday Idea House Tour
Take a self-guided tour to see trendsetting dé cor and creative concepts firsthand. Welcome inspiring ideas for the change in season. Lunch on your own after the tour at Patrick's.

Cost: \$26
Sign up deadline: Nov 11

**TRIP: GOVERNOR'S
MANSION TOUR**

Tue, Dec 6
9:30am to 3:00pm

This is a wonderful opportunity to the Governor's Residence while it is in its holiday splendor. Docents from the Minnesota Historical Society are on hand to answer questions in each room on the tour. The Governor's mansion was originally built for Horace Irvine, a lumberman and lawyer, for his family. It was completed in 1912 and donated to the State of Minnesota in 1965. Lunch on your own at Fabulous Ferns.

Sign up deadline: Nov 29
Cost: \$25

**TRIP - CHURCH
BASEMENT LADIES IN
"RISE UP, O MEN"**

Thu, Jan 12, 2017
10:15am to 4:30pm

"Rise Up, O Men" is a brand new show featuring the men of the church and your favorite church basement ladies who serve them. As these hard-working farmers discuss their scrap lumber piles and the benefits of solder vs weld, they unintentionally disrupt the order of the kitchen. But that's what happens when you let roosters in the hen house.

Lunch will be on your own at the Green Mill Restaurant prior to the show.

Cost: \$52
Sign up deadline: Dec 19, 2016



TRIPS

Future Trips!

- King's Room, St Olaf College
TBA Dec 2016
- Russian Museum of Art
Feb 8, 2017
- The King and I, Orpheum Theater
TBA March 2017

BOARD OF DIRECTORS

Northfield Senior Citizens, Inc.

Minutes: Northfield Senior Citizens, Inc. Board of Directors meeting, September 22, 2016.

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

Absent: Richard Jackson, Gordon Kelley

Staff present: Lynne Pederson, Elaine Grisim

1. CALL TO ORDER

The meeting was called to order by Duane Everson at 3:00 p.m.

Action: Welcome to new board member Ken Lee

Action: The agenda was approved.

Action: Motion and second to approve the July 28 board minutes. Accepted as printed.

2. REPORTS

Review of Financial Reports
Bill Gruszewski reviewed the May financial statements.

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

Finance Committee
Bill Gruszewski reported. September 15 meeting minutes were reviewed with an overview of 2015 audit.

MN Community Foundation rejected the request to transfer funds from MN Community Foundation to the Wells Fargo Endowment Fund. August income is at 66.54% and expense is at 67.34%.

Advancement Committee

Dan Van Tassel reported. Review of the July kick-off event. Next up will be the October 30 donor, volunteer event. Looking at ways to increase the number of sustaining donors. There are 46 current sustaining donors.

Facilities Committee

Marv Korman reported. Consultant came in to check the roof over the pool. The roof will need to be replaced by spring. It needs an overlay put in as a vapor barrier. The city council will need to approve. Pool has been cleaned, chair lift has been added to the hot tub. Resurfacing the parking lot is postponed. The popcorn wagon will be refurbished for spring. Reviewed potential items for 2017. Motion was made and seconded to take the funds not used this year for the curb cuts and use that for a ventilation system for the pool maintenance room.

Membership Committee

Elizabeth Olson reported. An update of the boulevard sign was given. Membership numbers were reviewed. Motion was made and

seconded to send a note of appreciation to Nancy Ashmore for all the hard work done on the outdoor sign.

Executive Director Report

Lynne Pederson reported. The city is requesting the new outdoor sign be gifted to the city. Lynne will meet with the city to get more information before moving forward.

Motion was made and seconded to send letters of appreciation to Craig Swenson and Jay Grossman for all the hard work, time and effort they put in to clean the pool.

Celebration for the 40th Anniversary will be Sunday, October 30. The theme will be Italian with a simple menu, with a combined program for donors and volunteers. Donors and volunteers will receive invitations. The Aging Mastery Program will be a collaboration with and held at Three Links campus.

3. OLD BUSINESS

With Lynne retiring in 15 months, it is time to have a search committee start looking for her replacement. There was discussion on what steps to take. Motion was made and seconded that Lynne take charge to draw up a draft of a job description for the assistant director. Motion to amend prior motion to have the executive

committee approval of the job description and hiring process of assistant director.

4. NEW BUSINESS

The city is requested the new outdoor sign be gifted to the city. Lynne will meet with the city to get more information before moving forward.

Overview of upcoming meetings

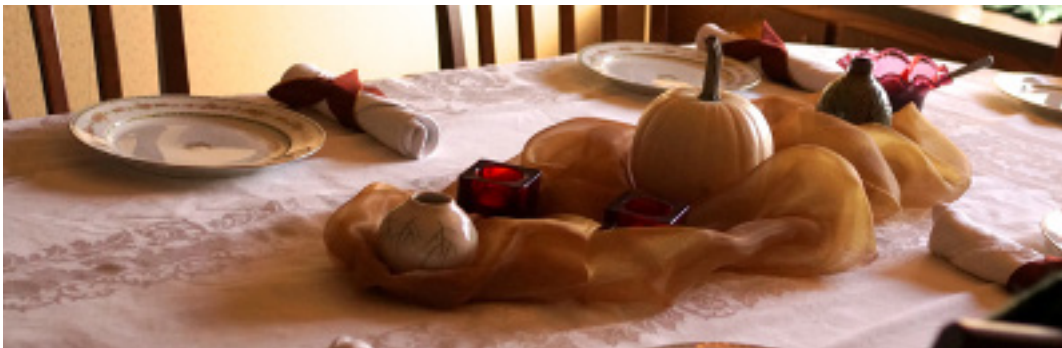
Wed, October 5 9 AM
New Member Coffee Hour (all Board members welcome)
Thur, October 6 8 AM
Advancement Committee
Tue, October 11 9 AM
Facilities Committee

Fri, October 14
Stories, reports for November Newsletter due to Elaine
Wed, Oct 19, 11 AM
Membership Committee
Thu, Oct 20 9:30 AM
Finance Committee
Thur, Oct 27 3 PM
Board of Directors
Sun, Oct 30 5 PM
40th Anniversary Celebration

5. ADJOURNMENT

The meeting was adjourned at 4:50 p.m.

BOARD OF DIRECTORS



DONORS

Thank you to these September Donors

David & Joey Appleyard, Bernard & Mary Auge, Solveig Bailey, Robert & Teresa Ballentine, Dennis & Beth Berry, Bernard & Linda Borene, Marilyn Boschee, Arliss Boyum, Judy Broske, Warren & Karen Broughton, Mary Brown, Jane Burrington, James & Heather Cannaday, William & Charlotte Carlson, Eileen Cooper, Robert & Gail

Craig, Thomas DeWolfe, Zora Dowell, Winnie Drentlaw, Steve & JoAnn Eaton, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Ellen Erdahl, Gerry & Carol Gengenbach, Marie Gery, Malcolm & Jacquelyn Gimse, Richard & Lois Goetz, Nancy Grebis, Bonnie Gretz, Elaine Grisim, Jerry & Liz Hankins, Darrel Johnson,

Georgene Johnson, Jackie Johnson, Julie Klassen, Marv & Rose Kormann, Terrance Lahti, Ruth McCarty, Mike & Ann McGovern, Harriet Menard, John & Sharon Micklo, Alice Nasby, Mary Olander, Elizabeth Olson, Richard Patton, Charles & Lynne Pederson, Ken & Roberta Persons, Margaret Prowe, Gordon & Emelda Rasmussen,

Richard Rasmussen, Don & Clare Roos, Peter Seitz, Dale & Peggy Sheldon, Bardwell & Charlotte Smith, Helen Sokolski, Margaret Stary, Kenneth & Sharon Steinhouse, Donna Stier, Chuck & Edie Thomas, Linda Wagenbach, Elizabeth Williams, Tom Willis & Judy Saye-Willis, Augusta-Ross Twp Fire Fighters Association

MEMBERSHIP

Welcome to these new members

Bella Miranda Puga, Juana Puga Arenas, Glenn Wefel, Mary Borchardt, David Follansbee, Dennis Grinde, James Knezz, Shiley

Lillienrantz, Lois Nelson, Brenda Roneker, Otto Roneker, Sandra Titus, Audrey Stanton, Cathy Smith, David Smith, Jullie

Johnson, Jane Remes, Michele (Micki) Callister, Jodell Puncocar, Uwe Vangness, Susan Christie, Karen Lehmann Vinar,

Dennis Vinar, Linda Henderson, Judith Larson, Robin Larson, Karen Grisim, Helen Lind, Janet Volness

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Director / 664-3701
Lynne Pederson

Assistant Director / 664-3708
Patsy Dew

Bookkeeper / 664-3700
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A MOMENT IN TIME

by Paul Kluge

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

LABELS AND LEARNING

Most of us can get a lot done in a short time—once given a good bit of pressure or a sharp deadline. For example, I find it's much easier to pick up the house after getting a call that a friend will be stopping over and be at my front door ten minutes from now. After such a call it's amazing how slick it is to scoop up and sort the ragged piles of paper, bills, and junk mail that have been on my desk for two weeks. The dining room table gets a clean sweep too in those times, as does the coffee table and kitchen table and counters. Somehow, any flat surface around here seems to be a magnet for clutter and mess. But give me that ten minute warning and some kind of telephone adrenaline kicks in.

Can't say exactly how that works, but I do know that the result brings to mind the word efficacy. I'm not exactly sure what that word means, by the way, but I like the way it springs off the back of my tongue and makes my head nod at the same time. The word fits the image. Go ahead; try it yourself. Ef-i-kuh-see. See?

Of course a more comfortable if not logical approach would be to use the word efficiency, when we kick it in gear and get

things done fast and well. After all, don't all of us want to clean our home efficiently all the time? But, since the noun form is efficiency we may want to review the comparison with efficacy. I'm not an English teacher by the way, if you're wondering. Now back to the comparison of words. Can we agree that efficacy and efficiency are synonyms—they essentially mean the same thing? Work with me here. So why don't we work efficaciously rather than efficiently; after all, efficaciously is shorter. Look at it that way and it's hard to argue, isn't it?

OK, now on to the real story here. With no phone call or anything I was doing some house cleaning the other day. Honest. That's when I came across this jug of ammonia. Interesting—if you know anything about chemicals. Or even if you don't, for that matter. Ammonia doesn't seem as common as it once was, does it? I remember Mom going out of her way to contaminate the air in the house every now and again. And she did it just by uncapping that darn jug. Nobody in the house wanted to be around those eye-watering, nose-bristling fumes. That being the case, I never knew exactly what Mom did with the stuff—other than clearing the house of loafers and hangers-on.

And so it was that this past Saturday, the day I cleaned the house (some of it), this one cupboard had a bottle of ammonia back in a dark corner. Curious as boys can be, even grown up boys and sometimes even retired gentlemen, I went against my procrastinating nature and dragged out that bad-boy vessel. That's when it happened! I was industriously (another interesting word) cleaning one minute, and the next minute realized I had quite by accident read the entire label of my relic ammonia bottle. What a mature moment! What an education! I am telling you, any enterprising citizen, even a man, who reads such a label will thereafter be capable of writing and submitting an 8-week class curriculum on the many fine uses of and reasons for doing so on good ol' room-clearing ammonia.

The one listed use that most caught my eye had to do with the little home detail I personally had managed to neglect for lo those many months. That being--the cleaning of the oven. You need to understand that cleaning the oven was never an issue, much less a problem, when I was an actively married man. I didn't even have oven thoughts; the oven was just bright and shiny almost all the time. Life without a

**A MOMENT
IN TIME...**

CONTINUED

significant other these recent years has been a learning experience, and I don't even know what I have yet to learn. I can hardly wait to find out.

But the times keep changing so we best get along with them best as we can. Believe it or not, my oven responded most favorably to the ammonia treatment. Wiping all the oven crud off with only a couple paper towels was a real kitchen morale

builder. True, the oven wasn't 100% clean when I finished, but 95% is close enough for most retired gentlemen I'm pretty sure. There are actually 20 different uses listed on my pungent-stuff ammonia label. I don't think Mom got into all that. After all, she had daughters to keep busy. You may recall how that worked back in the day.

That's my story, guys and gals. And just maybe the moral of the story is to pay attention to what is right in front of us, and sometimes

what is back in a cupboard. We might learn a thing or two, and what we read might not even be an exaggeration or outright lie. Then again, we all know on some level that exaggerations and lies have made us the world power we are, so be prepared to deal with those as well.

Remember, there are things out there to meet, greet, and appreciate that do NOT involve overwhelming technology. Read a label; make a friend. Whatever. Just go for it.

Paul Kluge

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