



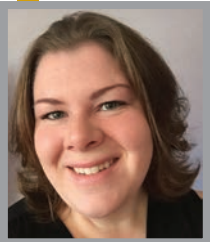
# FiftyNorth Report

NOVEMBER 2022

Where Active Adults Gather.

By Kerry Hjelmgren, Director

## November Greetings...



My first month at FiftyNorth has been a wonderful whirlwind of meeting members and getting to know this marvelous organization! Thank you for the very warm welcome! Also, thanks to those of you who guessed how to pronounce

my last name and its nationality. It was a tough challenge! Hjelmgren is Swedish, and pronounced "Yelm-gren." It means helmet branch, of all things. I married it, so I'm a Scandinavian impostor – my ancestors were French Canadian!

One of my biggest priorities during these first few months is getting to know you and what is important to you. Please join me at an upcoming 'Coffee with Kerry' session! I especially want to hear about what would make your experience at FiftyNorth more

meaningful, and your ideas for improving our space. What would enable you to continue to grow? Your perspective is important to the future of FiftyNorth!

Always keep growing!

Kerry



### { Coffee With Kerry }

Enjoy some coffee and doughnuts in the lobby while you chat with Kerry Hjelmgren, FiftyNorth's new Executive Director!

- Friday, November 4 at 9:00 am
- Thursday, November 10 at 8:30 am
- Friday, November 18 at 8:30 am
- Monday, November 21 at 10:00 am
- Tuesday, November 29 at 8:30 am

## Honoring Our Veterans



### PIANO DUO PERFORMANCE

Sunday, November 13 • 2:00-3:00pm

Presenters: Richard Collman and David Miller

#### INFORMATION ABOUT THE PERFORMERS:

The Collman-Miller Piano Duo was formed in 2011. Richard and David have performed at the Northfield Retirement Center, Becketwood Manor in Minneapolis, the Grand Rapids MN summer arts series, Staples-Motley arts series, and at house music salons.

Richard F. Collman began piano study with his mother. He has degrees from UMD, Yale Divinity School (M. Div.) Univ. of Notre Dame (MM Music & Liturgy). Combining a career in ministry & music, he retired in Northfield in 2006. In 2007, he founded the Northfield Noontime Organ Recitals.

David K. Miller has a degree in music education from MSU-Moorhead with study at the Academy of Music in Vienna. He taught music for

over 30 years near Eugene OR. In Northfield since 2008, he performs as a piano soloist, accompanist, and arranger in music. David also accompanies I Cantanti Chamber.

Capacity: 75 | Cost: Free | Space: Room 103/105

✓ Free-will donations to cover piano maintenance appreciated

### Fall back Sunday, Nov. 6



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Monday, November 14th

from 11:30 to 1:00

HAM DINNER

Pre-register (see p. 12)

FiftyNorth will be

**CLOSED**

Thanksgiving day,

Thursday November 24  
and Friday November 25.



**INTHE GALLERY****October 17 - November 22**MARY WILLIAMS – *Photography*JOHN VAN AST - *Wood Turning***INTHE GALLERY PATSY DEW – PHOTOGRAPHY & ART BOXES****November 28 - January 6****PATSY DEW – Bio**

Visual and performing arts have been life-long forms of serious play for me. I focus here just on my experiences in the visual arts. As a Carleton faculty wife, it took classes in painting, drawing and color theory. I turned a basement storeroom into a darkroom, so I could print black and whites while my first-born slept. In 2007, I started exhibiting some of my prints, by then created with digital cameras, and printed by a lab. Later Judy Saye-Willis introduced me to ways of making artist-books, perfect for displaying my images. And then, I purchased a wide bed ink-jet printer so I would have more control over creating the books.

One style of “book” was a single photograph, folded in such a way to create a tiny book. At that time, I was photographing grates, which made interesting designs



when each segment of the image was viewed separately. I wanted to put a set of the grate – books together, mulled it for a while, and then had an ah-hah moment. A box(!) could hold a set of miniature grate books: A Grate Book Series. That was the beginning of my explorations of making boxes using my images.



The camera offers so many ways to “play” with the visual world. It can freeze the motion of a hummingbird, and blur all but one passing cyclist. It can record the tiny realm of dew droplets on a spider web. This year I have been exploring ways of using long and/or multiple exposures, which create images that are more impressionistic. My hope is that you may experience some of the joy I felt in creating these pieces.

- ▲ Box using photography.
- ◀ The box opens to discover origami using photography.

**ARTIST'S RECEPTION****DECEMBER 1, 4-5PM**

Gallery receptions offer a unique opportunity to talk with the artists to learn about their process and inspirations while enjoying a light spread of hors d'oeuvres, wine, cheese and dessert bites, and accompanied by laid-back, live acoustic music by Greg Smith. So much fun — please join us!



## MEMBER NEWS

### DONATE A MEAL TO SOMEONE IN NEED



We at FiftyNorth, would like to encourage the pay it forward way of thinking. During this time of year when we are counting our blessings it is important to be mindful of people in our community that are less fortunate.

Eating at Little Frida Café & Taco shop is an experience to be shared. Dine at Little Frida Café and put money in “The Lunch Fund” donation jar, stop in the office or donate on our website and designate it for the Lunch Fund.



### You are INVITED! Come meet your new Bridgewater Elementary school-aged friends and enjoy playing different board games or creating seasonal crafts together!

This year at Bridgewater we have started a new program called Community School which allows students to stay after school to be a part of different clubs every day. Students in the Care Club are interested in meeting with participants from FiftyNorth to spend time with on Wednesday afternoons.

Please join us for our first meeting on Wednesday, November 9th from 3:40-4:20pm at FiftyNorth room 105.

Following dates are:

- November 16th - 3:40-4:20pm
- November 30 - 3:40-4:20pm
- December 7 – 3:40-4:20pm at Bridgewater
- December 14 - 3:40-4:20pm

\*Board games and crafts will be provided.

Please let Michelle Loken from FiftyNorth know if you would like to spend time doing these activities with our students. Michelle can be reached at 507-664-3707, michelle.loken@fiftynorth.org or stop in the office.

#### **We can't wait to meet you!**

Thank you so much!

Jenny Jones

Northfield Community School Program Coordinator



## Live music during lunch!!

### IN HONOR OF OUR VETERANS FRIDAY, NOVEMBER 11

Greg Smith and Friends will be playing live music in honor of Veteran's Day on Friday, November 11th, from 11:30 – 12:30. Come and enjoy this entertaining group while eating lunch in the café. Greg and Friends have selected a variety of music for the event and will include some patriotic numbers to honor those that have served our country.

### LOVE WARMS THE HEART ~ MITTENS WARM THE HANDS



The Community Action Center is no longer collecting hats and mittens for Operation Joy. However; the mitten tree tradition continues at FiftyNorth! We will now be collecting for the Northfield elementary schools. Right before Thanksgiving the tree will go up in the lobby. It will be decorated with paper mittens, hats and socks.

FiftyNorth members can take a paper and replace it by purchasing age appropriate hats, socks and waterproof mittens or gloves. Let's fill up the tree for elementary kids in the Northfield schools.

*Donations will be accepted until December 16th.*



### Scrabble is Back! Beginning Monday, October 24 Mondays, 1-3pm

Scrabble is a word game in which two to four players score points by placing tiles bearing a single letter onto a board divided into a 15—15 grid of squares. The tiles must form words which, in crossword fashion, read left to right in rows or downwards in columns, and be defined in a standard dictionary.

**Group Leader:** Erna Janssens-Verbelen  
Group fees apply

# FITNESS NEWS



## TAI CHI CLASSES - TIME CHANGE

- ➔ **TAI CHI STANDING**  
Monday, Wednesday, Friday  
3:30 - 4pm
- ➔ **TAI CHI CHAIR**  
Monday, Wednesday, Friday  
4:15 - 4:45pm

## NEW ON-GOING FITNESS CLASS BEGINNING NOVEMBER 1

### IN-PERSON AND ZOOM:

### STRENGTH AND STRETCH Tuesdays & Thursdays 8:00-9:00am

This class is for anyone interested in building strength, stability, endurance and flexibility. We will begin the class with a brief warm-up followed by strength training incorporating free weights, stability balls, bands and other props. The class will end with some great stretches as we cool down. Exercise levels will be scalable based on ability.

**Instructor:** Ingrid Freeman  
**Capacity:** 20



2022 IN-PERSON LAND BASED FITNESS CLASSES (updated November)								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)	STEP INTERVALS (6:10-6:50)	EXPRESS STRENGTH (6:10-6:40)				
6:30 AM								
7:00 AM			SLO FLO YOGA (7-8)					
7:30 AM								
8:00 AM		STRENGTH AND STRETCH (8-9)	CORE AND MORE (8:30-9)	STRENGTH AND STRETCH (8-9)	CORE AND MORE (8:30-9)	HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE		
8:30 AM	CORE AND MORE (8:30-9)							
9:00 AM	CARDIO DANCE AND DRUMSTICKS (9:15-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open fitness	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 (10-12)		
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			LINE DANCING (1-2)					
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	NORDIC WALKING GROUP (2:15-3)	TABLE TENNIS (1:30-3:30)				
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM	TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)			
4:00 PM	TAI CHI FLOW CHAIR (4:15-4:45)		TAI CHI FLOW CHAIR (4:15-4:45)		TAI CHI FLOW CHAIR (4:15-4:45)			
4:30 PM		SILVER SNEAKERS STRENGTH (4:30-5:15)						
5:00 PM								
5:30 PM			HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders					
6:00 PM		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE				
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 FEATURE



## LINE DANCING - WEDNESDAYS 1 PM TO 2 PM.

Kate Stuart has been teaching line dancing and folk dancing since the 1980s, and has instructed classes at FiftyNorth since 2010. Kate has turned the Line Dancing class into an invigorating fun class that features popular music and new choreographies from all over the world in addition to a few country music hits.

Line Dancing is a great class that increases coordination, stability, and cardiovascular endurance that sparks your endorphins to increase your mood and help you feel happy. Line Dancing is a great way to learn new moves and to fine tune your old moves on the dance floor. Meet new and old friends in Line Dancing on Wednesdays 1 pm to 2 pm.

## PICKLEBALL IS OVER FOR THE SEASON

Thank you to all the Pickleball Players this year that came out and had a great time with FiftyNorth on Tuesday and Thursday mornings. With the temperatures dropping, and the dreadful four-letter S-word coming in the near future we are ending the Pickleball classes on Tuesdays and Thursdays. We will pick up in the Spring of 2023 once the weather warms back up and the ground is safe to play on. Please keep your eyes tuned to the Eblasts, and Newsletter as we will keep you posted when and where Pickleball will be in 2023.

### 2022 AQUA FITNESS (updated November 1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	
6:30 AM						
7:00 AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	OPEN SWIM
7:30 AM						
8:00 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	OPEN SWIM
8:30 AM						
9:00 AM	S&F AQUA FIT ' N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT ' N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT ' N TONE 9:15-10:00AM	OPEN SWIM
9:30 AM						
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	FAMILY SWIM 12-1:45PM
12:30 PM						
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	WATER VOLLEYBALL 4-5:45PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	WATER VOLLEYBALL 4-5:45PM	
4:30 PM						
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						

**KEY:** 

**GREEN:** Class

**GOLD:** Group Activity (Open Swim allowed)

**BLUE:** Open Swim



## LIFELONG LEARNING

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



### CPR AND FIRST AID

Tuesday, November 1

9:00-12:00pm

Students will receive expert training in First Aid and Basic Life Support CPR (adult) including Automatic External Defibrillator (AED). This 3-hour class includes instruction, demonstrations and hands-on activities and culminates in the students earning an American Heart Card. It is appropriate training for Certified Nurse Assistants, healthcare workers, childcare workers, teachers, instructors, and volunteers. Many health care facilities require this training of their employees.

**Instructor:** Jon Bolster

**Capacity:** 10

**Cost:** \$72 nonmbr, \$65 mbr, \$0 platinum

## 2022 VIRTUAL LAND BASED FITNESS CLASSES (updated November 1)

### AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)	STEP INTERVALS (6:10-6:50)	EXPRESS STRENGTH (6:10-6:40)				
6:30 AM								
7:00 AM			SLO FLO YOGA (7-8)					
7:30 AM								
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM	CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)	CORE AND MORE (8:30-9)
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)	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			LINE DANCING (1-2)		YOGA BALANCE (1-2)			
1:30 PM								
4:00 PM								
4:30 PM								
5:00 PM			CARDIO STRENGTH MIX (5-5:45)					
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								



**WWII ICONIC & WOMEN OF WAR PRESENTATIONS  
PENCIL DRAWINGS**

**Thursday, November 10**

**1:00-3:00pm**



Al Smith features his “The Vietnam Experience” collection of poster sized pencil drawings with a table top display and power-point presentation.

Smith drew soldiers and captured vivid aspects of their life in the face of war. His drawings reflect deep emotions like fear, doubt, anxiety, fatigue and dread. He created his collection of 35 poster-sized

drawings in a 3-month period and had the opportunity to display and present his drawings across southern Minnesota at History Centers, Schools, Churches, Art Centers, Libraries, Veterans Round-Table programs, Assisi Heights, Exchange Clubs, Rotary Clubs, etc.

Since completing his “Vietnam Experience” program, Smith has also created over 150 other poster sized drawings and created “WAR HEROES”, “WOW-Women of War” and “WW2/ionic” and “The Seals” programs. He has been invited back by popular demand on several occasions for presentations of these new programs.

Smith considers it an honor and a privilege to show his drawings and it is one way he honors all veterans. After retiring from the advertising business, he and his wife moved to Owatonna. Al has been very active since and is a columnist for the Owatonna Peoples Press.

**Presenter:** Al Smith  
**Capacity:** 30  
**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum



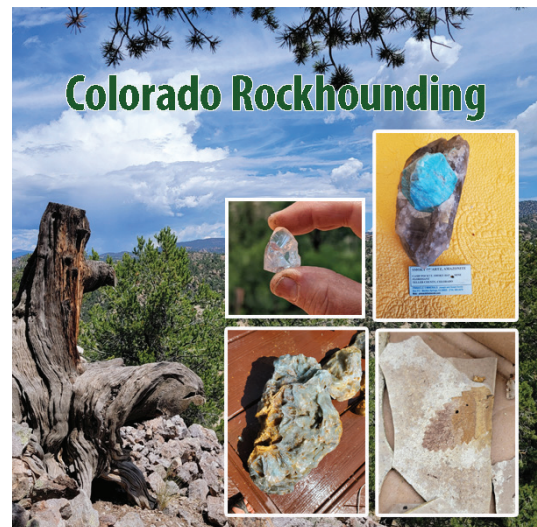
**STAY SAFE-FRAUD AND SCAM PREVENTION**

**Monday, November 14**

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

Have you heard stories from family members or friends who have been taken advantage of in a scam? Concerned about the risk of identity theft? Join us as we uncover common types of scams and steps to take to prevent from becoming a victim!

**Presenters:** Kurt Halverson, HomeTown Credit Union  
**Capacity:** 25  
**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum  
**Space:** Room 103



**ROCKHOUDING IN NATURE’S BEAUTY**

**Friday, November 18**

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

Sandy Dockstader returns for her third presentation on her rockhounding expeditions. Colorado is one of the most beautiful places on earth. The views from the mountains are amazing. This year I was able to go rockhounding in Colorado looking for the rocks and gems it hides. I stayed in Woodland park where the deer are living in your backyard. On my trip I found blue barite in the rolling hills near Hartsel at 10,000 feet above sea level. The Florissant Fossil Beds reveal fossils in volcanic mud from 34 million years ago. I found topaz, amazonite, and smokey quartz in the foothills of Pike’s Peak. We took a very rocky road up to the top of a mountain to find rare botryoidal fluorite. I will share the scenery, adventures and finds on this high-altitude trip.

**Presenter:** Sandy Dockstader  
**Capacity:** 25  
**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum  
**Space:** Room 103

Lifelong Learning continues p. 8



**Presenter:** Senior Learning Network  
**Capacity:** 10  
**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum  
**Space:** 103

Senior Learning Network programs are viewed by 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.



### SLN – FLIGHT 93 NATIONAL MEMORIAL- AMERICA ATTACKED

**Tuesday, November 8**

**1:00-2:00pm NOTE: Space: 102**

On September 24, 2002, President Bush signed into law the Flight 93 National Memorial Act. The Act created a new national park unit to commemorate the passengers and crew of Flight 93 who, on September 11, 2001, courageously gave their lives thereby thwarting a planned attack on our nation's capital. The memorial is located near Shanksville, Pennsylvania, where Flight 93 crashed along with its 40 crew members and staff. "America Attacked" is the story of Flight 93 and 9/11/11, telling the story of what happened on the plane using eyewitness accounts. The passengers and crew along with the terrorist, what is heard on the cockpit voice recorder (black box) and what was recorded on answering machines, and the interviews with the family members conducted by the FBI.



### SLN – LBJ PRESIDENTIAL LIBRARY AND MUSEUM VIRTUAL TOUR

**Tuesday, November 15**

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

Join staff and tour docents from the LBJ Presidential Library to learn more about how our nation still feels the impact of President Johnson's legislative legacy and have an inside look into the LBJ Presidential Library itself.

President Lyndon B. Johnson signed over 1000 bills into law during his five years in office – including the Civil Rights Act (1964), the Voting Rights Act (1965), the Medicare Amendment to the Social Security Act (1965), the Immigration and Nationality Act (1965), and hundreds of other landmark laws. In addition, he advocated for education, the arts, creating a Great Society for all Americans, and environmental beautification.



### SLN – VALLEY FORGE NATIONAL HISTORIC PARK

**Tuesday, November 22**

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

When the Continental Army marches into Valley Forge on December 19th, 1777, there have already been two and a half years of the American Revolutionary War. The most recent, mostly unsuccessful Philadelphia Campaign led to the British capture of the American capital, Philadelphia. Learn why the Americans choose Valley Forge as their strategic winter encampment, what happens during the six months after marching in, and what the reorganization, resupply, and rest do for the Continentals as they continue the war for another five years.



### SLN – THE PRINTING MUSEUM

**Tuesday, November 29**

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

What is printing, and what is its historical impact? In what ways do we continue to see its effect today? Take a virtual trip to The Printing Museum and explore the earliest examples of writing, illuminated texts, and modern-day machines. Learn about the integral role printing had in transforming societies as we journey through the Renaissance, Colonial America, Texas independence from Mexico, and a mid-century newsroom. With demos on the Gutenberg and Columbus presses, visitors can learn the mechanics of printing and its

dynamic influence on history, fine art, and communications.



## INFORMATIONAL HOUSING SERIES 2022-2023

Age-friendly  
NORTHFIELD

City Of  
**Northfield**  
Minnesota

Rice County  
**Habitat**  
for Humanity

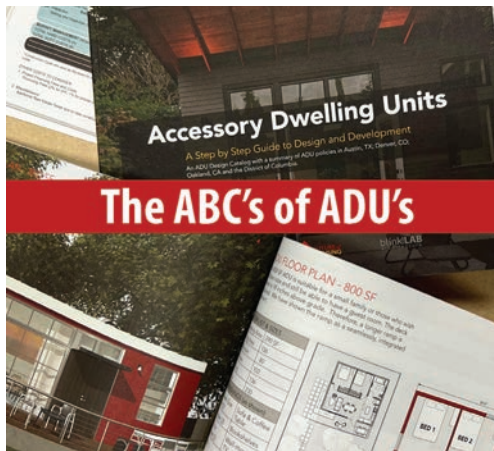
We look forward to presenting this series of workshops that explore the housing domain within Age Friendly Northfield. Bring a friend and join us!

### THE ABC'S OF ADU'S

**Wednesday, November 30**

**10:30am – 12:00pm**

**Cost: FREE** (accepting donations for FiftyNorth)



**What's an Accessory Dwelling Unit and why might I want one?** ADUs can be used for many purposes, from housing aging parents or adult children to providing additional space for a home office or studio. We'll have a representative from the City join us to talk about what's allowed and not allowed with Accessory Dwelling Units. We'll also have someone from Yard Homes a non-profit builder providing ADU's throughout Minnesota. We will also hear from a person who will be utilizing a Yard Home to add an Accessory Dwelling Unit right here in Northfield!

### SAVE THE DATES FOR THE 4-PART SERIES!

#### UNIVERSAL DESIGN

**Wednesday, January 25, 2023, 10:30am – 12:00pm**

Learn how you can make some minor and major changes so that you can age well at home. A home built or modified with Universal Design (UD) features — such as a no-step entry, wide doorways for wheelchair access and easy-grasp lever-style handles in place of door knobs — is livable for a range of residents, from families with young children to older adults and people with disabilities. Habitat for Humanity and the City of Northfield will join us to talk about their Aging in Place Programs.

#### STEPS TO DOWNSIZING

**Wednesday, April 19, 2023, 10:30am – 12:00pm**

This session is for people thinking about downsizing. How do you prepare for this big transition? AND, what's available in Northfield for you to move into? We'll have an expert in packing/organizing join us and we'll get some of our local builders here to learn what they're building that you might be interested in!

#### TOUR DE'AGE

**SPRING, Date TBD, 2023**

Hop on our bus and let's tour some Northfield Accessory Dwelling Units and some homes with Universal Design features. Stay tuned for more details on this fun event!

All sessions (except the Tour de'Age) will be held at FiftyNorth.

**Coffee and treats provided.**

AND, consider staying for lunch after the sessions at Little Frida Restaurant – located right in FiftyNorth!

**Questions, please call: Patty at FiftyNorth, 507-664-3709**



**HELP WANTED**

#### HELP WANTED

#### FIFTYNORTH RECEPTIONIST

Part-time: 10-20 hours/week

#### POSITION OVERVIEW

Receive Center members at the front desk and provide customer service to members and visitors. Provide information and enter data of daily attendance. Be knowledgeable of Wellness and Activity program information. Manage the organization of the front desk. Maintain the lobby space and coffee bar, keeping an organized and clean appearance. Wipe down door handles and touch points in the fitness room, pool, and locker rooms during your shift.

Perform opening and closing duties, when scheduled. Participate and function effectively as a team member.

Develop and maintain sensitivity to employee and customer diversity in the workplace. Behave in ways that demonstrate respectful treatment of other employees, members, volunteers, and customers. Develop cultural competence related to the services provided. Strengthen the sense of community to achieve and maintain member satisfaction. Identify any other job duties that are a part of the job, but are not considered essential to the job.

Complete other duties as assigned.

Pick up an Application and Full Job Description at the front desk.

Return completed application to:  
FiftyNorth  
Attn: Elaine Meyers  
1651 Jefferson Pkwy  
Northfield, MN 55057

## 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. When registering for these classes, indicate AARP Driving Safety and dates of the session.

#### FEES:

- **\$32 non-AARP Members,**
- **\$27 AARP Members;** AARP Members please register in person or by phone (you will need your AARP member number)
- **\$0 AARP United HealthCare Medicare supplemental plan Members** (does NOT include Advantage plans); Those with an AARP United HealthCare Medicare supplemental plan must register in person (you will need to bring your insurance card to register, and to class)

- ◆ **AARP Smart Driving 4-hour Refresher Course**  
Wednesday, November 9  
1:00-5:00pm
- ◆ **AARP Smart Driving 4-hour Refresher Course**  
Monday, December 5  
9:00-1:00pm
- ◆ **AARP Smart Driving 4-hour Refresher Course**  
Monday, January 9  
9:00-1:00pm
- ◆ **AARP Smart Driving 4-hour Refresher Course**  
Wednesday, February 15  
9:00-1:00pm
- ◆ **AARP Smart Driving 4-hour Refresher Course**  
Friday, March 17  
9:00-1:00pm

## ART CLASSES



**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

### TURN A WOODEN BOWL OR PLATTER

**Tuesdays & Fridays, November 1, 4, 8, 11**  
10:00-12:00pm

or

### TURN A WOODEN BOWL OR PLATTER

**Thursdays & Mondays, November 3, 7, 10, 14**  
10:00-12:00pm



Class enrollment will be limited to three so that each person will have their own lathe to work at. No prior experience is required but if you want to practice existing skills, you are welcome. In this class, you will learn or expand your skills in cross-grain turning, in which the grain of the wood is perpendicular to the axis of rotation. You will turn either a bowl or a platter. Your choice. You will learn and practice how to use the bowl gouge and scrapers. You will also learn how to sand your finished piece on the lathe using a small power sander. Based on the planned use of your piece, you will select and apply a suitable finish.

Class members are encouraged to come to the makerspace at other times between meetings to practice if they can. Dave will be happy to make himself available and meet individual students at such times. There is no extra charge for these off-schedule sessions. There is always plenty of wood to practice on. The goal is to make as many shavings as possible.

You will need to provide your own hearing, eye protection and respirator/face mask. You will be expected to wear these when appropriate. (Foam ear plugs are available at the makerspace at no charge.) All other materials provided.

**Instructor:** David Peterson

**Capacity:** 3

**Cost:** \$160

**Space:** Off-site at Cannon Valley Makers



### FUSED GLASS - CHRISTMAS ORNAMENTS

**Monday, November 14**

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

Looking to try fused glass? Here is your chance. In this class you will make three ornaments, a Christmas

tree, a snowman and a Christmas ball. The ornaments will make great gifts. Materials provided.

**Instructor:** GERALYN Thelen

**Capacity:** 10

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

**Space:** Room 102

**ART CLASSES** *continued*



**FUSED GLASS - CHRISTMAS TREE WALL ART**

**Tuesday, December 6  
10:00-11:30am**

Try your hand at the adorable fused glass Christmas tree wall art that also can be used as small cheese tray. This makes a great holiday gift.

**Instructor:** Geryl Thelen

**Capacity:** 10

**Cost:** \$45 nonmbr, \$35 mbr, \$20 platinum

**Space:** Room 102



**CREATING ORIGAMI BOXES**

**Friday, December 9  
1:00-2:30pm**

You will learn two ways of folding a square piece of paper into a box. The first most basic method (the "Masu box") can form the top of the box, while the second method, using a larger piece of paper, will create a taller "bottom" of the box. These boxes can be fun ways to personalize the gifts you give. Materials will be provided. You may also want to bring paper to experiment with (magazines, photos, art papers, printer paper).

Helpful tools: ruler, scissors or paper-cutter

**Instructor:** Patsy Dew

**Capacity:** 10

**Cost:** \$30 nonmbr, \$20 mbr, \$5 platinum

**Space:** Room 102



**THE CULINARY ART OF CREATING A CHARCUTERIE BOARD  
Wednesday, November 30**

**3:00-4:00pm**

Learn how to create a charcuterie board that will be visually pleasing and scrumptious to your taste buds. Whether you are entertaining guests for the holidays or just having a lazy evening at home, a charcuterie board is an easy and fun appetizer or main course. The class will include tips on presentation and building a board with a variety of flavors, colors and textures. Each person will bring home a board to enjoy that evening. Materials provided.

**NOTE:** You must wear a hat or tie your hair back while in the kitchen.

**Instructor:** Charcutier Maria Estrada

**Capacity:** Max 10, Min 5

**Cost:** \$40 nonmbr, \$30 mbr, \$20 platinum

**Space:** FiftyNorth kitchen

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## TRAVEL GROUP@FiftyNorth



### TRIP - EAGAN OUTLET MALL

**Tuesday, November 15**

**10:00-4:00pm**

Join the fun of shopping at over 100 shops on your own or with friends at the Eagan Outlet Mall with FiftyNorth. The Eagan Outlet Mall provides a covered walkway to protect you from inclement weather. Get your holiday shopping done early and enjoy a late lunch at Dolittles Woodfire Grill. Lunch is NOT included in price.

**Trip Leader:** Norma Monroe

**Capacity:** 30

**Cost:** \$45

**Registration deadline:** November 8



### TRIP - A CHRISTMAS CAROL

**Sunday, December 4**

**11:30-4:15pm**

**Paradise Theater, Faribault, MN**

Join FiftyNorth for a full day of fun. Enjoy a delicious meal at the Depot in Faribault then head over to the Paradise Theater for A Christmas Carol. This Holiday Masterpiece tells the story about a mean-spirited and selfish old man, Ebenezer Scrooge, an elderly miser who is visited by the ghost of his former business partner Jacob Marley and the spirits of Christmas Past, Present, and Yet to Come. After their visits, Scrooge is transformed into a kinder, gentler man.

**Trip Leader:** Craig Swenson

**Capacity:** 20

**Cost:** \$55, Meal not included

**Registration deadline:** November 20



### TRIP - CHURCH BASEMENT LADIES - PLOWIN' THRU

**Tuesday, January 17**

**11:15-4:00pm**

The Church Basement Ladies are at it again at the Ames Center in Burnsville. In the 9th installment of the highly successful series, the year is 1975 and all your favorite characters are back! Whether this is your first visit to the basement or you've seen 'em all,

you won't want to miss this brand new show. Come along as the ladies don their polyester pantsuits and sing, dance and laugh their way thru this hilarious and touching new musical, PLOWIN' THRU.

**Trip Leader:** Norma Monroe

**Capacity:** 26

**Cost:** \$72

**Registration Deadline:** December 23



### THANKSGIVING FEAST at Little Frida's Cafe & Taco Shop

**Monday, November 14th from  
11:30 to 1:00**

Baked ham, mashed potatoes and beef gravy, green beans and a bun.

**\$9.00 (includes tax)**

- Dessert is provided by FiftyNorth.
- **PLEASE PRE-PURCHASE** your ticket payable to FiftyNorth, so we can plan for enough food. Pay and get your ticket at FiftyNorth front desk by November 9th.



# Movie Fridays! \$1

Enjoy movies together on the big screen at FiftyNorth.

**MOVIES START AT  
1:00PM**



**NOVEMBER 4**

**SISTER ACT**

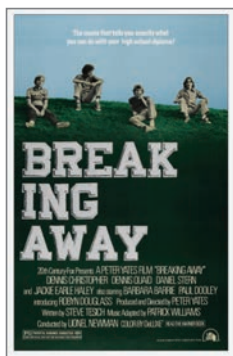
1992 100 mins. Comedy  
Stars Whoopi Goldberg When lively lounge singer Deloris Van Cartier sees her mobster beau, Vince LaRocca, commit murder, she is relocated for her protection. Set up in the guise of a nun in a California convent, Deloris proceeds to upend the quiet lives of the resident sisters. In an effort to keep her out of trouble, they assign Deloris to the convent's choir, an ensemble that she soon turns into a vibrant and soulful act that gains widespread attention.



**NOVEMBER 11**

**SINGIN' IN THE RAIN**

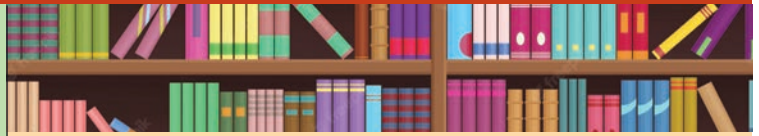
1952 103 mins. Musical  
Stars Gene Kelly and Cyd Charisse Gene Kelly stars as a Hollywood star of the silent era who finds his career jeopardized when he and his shrill-voiced leading lady must appear in a talkie together.



**NOVEMBER 18**

**BREAKING AWAY**

1979 100 min. mins. Sports  
This charming film is high on comedy as four friends come to terms with life after high school. When top-notch cyclist Dave learns that the world's bicycling champions are always Italian, he attempts to turn himself into an Italian, driving his parents crazy. But everything changes after he meets the Italian racing team on an encounter that ultimately leads him and his friends to challenge the local college boys in the town's annual bike race.



**BOOK GROUP@FiftyNorth**

The Book Club meets the 2nd Friday of the month at 10:30. Meetings are in room 105 and also may participate via Zoom. Questions: call Katherine Collman at (507) 645-1357.



**NOVEMBER**

**CRY, THE BELOVED COUNTRY** by Alan Paton

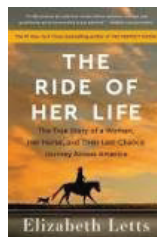
Cry, the Beloved Country is a 1948 novel by Alan Paton. Set in the prelude to apartheid in South Africa, it follows a black village priest and a white farmer who must deal with news of a murder.

No Book  
Lunch together at Little Frida's!

**DECEMBER**

**NO BOOK**

However; the Book Club will meet to share other book titles that we are reading. If you choose we will have lunch together after the meeting at Little Frida Café and Taco Shop in FiftyNorth.



**JANUARY**

**THE RIDE OF HER LIFE** by Elizabeth Letts

The triumphant true story of a woman who rode her horse across America in the 1950s, fulfilling her dying wish to see the Pacific Ocean.



**FEBRUARY**

**THE VIOLIN CONSPIRACY**

by Brendan Slocumb

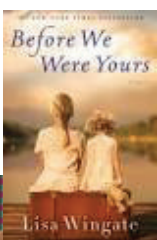
Ray McMillian is a Black classical musician on the rise—undeterred by the pressure and prejudice of the classical music world—when a shocking theft sends him on a desperate quest to recover his great-great-grandfather's heirloom violin on the eve of the most prestigious musical competition in the world.



**MARCH**

**WHEN HARRY MET MINNIE**

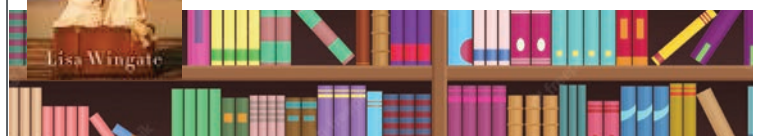
by Martha Teichner



**APRIL**

**BEFORE WE WERE YOURS**

by Lisa Wingate



## SEPTEMBER DONORS@FiftyNorth

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

Karen Achberger  
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Sandra Titus  
Dale & Rose Turnacliff  
Anne Ulmer  
Linda Wagenbach  
Patricia Warner



A BIG THANK YOU to Girl Scout Troop 27358 for getting the entrance of FiftyNorth ready for fall! Pumpkins, mums, corn stalks and Girl Scouts, how fun!



## SEPTEMBER NEW MEMBERS@FiftyNorth

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

Wendy Allen, William Blaisdell, Fred & Linda Blaisdell, Bill & Mary Bleckwehl, Ken Brackee, Martha Carroll, Maiki Habuka, Marilyn Harris, Kerry Hjelmgren, William Jenkinson, William Lillibridge, John Machacek II, Linda Mattson, David Moening, Eric Nelson, Carol Ann Nelson, Kenneth Paulsen, Garr Riley, Dennis & Jane Rinehart, Dean Schoeb, Neil & Barb St. Peter, Andrea Stoutland, Sue Swanson, Joyce Thomas

## VOLUNTEER APPRECIATION! SEASON ENDER

*Thank You!*



As the popcorn selling season has come to a close, we'd like to let our popcorn wagon volunteers know how grateful we are. These folks spend numerous hours volunteering throughout the summer!

### POPCORN WAGON VOLUNTEERS

Dianne Barrett, Mary Brown, Dan Corcoran & Heather Steiger, Bonnie DuPay, John Ernst, Lori Foote & Curt Johnson, Julie Gilmer, Nancy & Ron Glodfelty, Ruth Goodman, Karen Hoeg, Joyce & Jeff Hoogenakker, Marilyn & Gordon Kelley, Edie & Bob Quam, Jerry Sackmaster, Susie & Pete Svaleson, Pat & Bob Tabery, Judy Tonolli, David Walonick, MaryJo Winter

**AND THE WORK CREW:** Jerry Gehler and Ross Griffin



Thank you to all those who helped keep the courtyard gardens looking wonderful this season. Special thanks to Joe Endert for the rose beds in the front of FiftyNorth, Donna May for caring for the incredible herb gardens, Erna for planting and prepping the tomato bed and Rose Turnacliff who magically kept the courtyard looking like a beautiful retreat. .. and to the volunteers from Northfield HomeTown Credit Union, Jerry Gehler and Karen Sellers for helping winterize the area.

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Paul Meyer, OPA



Ashley Erickson, PA-C



Deb McGuire Lang, PA-C



Kyle Smisek, PA-C

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

1651 Jefferson Pkwy, Northfield, MN 55057



## STAFF DIRECTORY

### **Director:**

Kerry Hjelmgren  
507-664-3701 | [kerry.hjelmgren@fiftynorth.org](mailto:kerry.hjelmgren@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: Lifelong Learning/ Community Outreach**

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

### **Program Coordinator: Arts/Volunteer/Dining**

Michelle Loken  
507-664-3707 | [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org)

### **Used-A-Bit Shoppe Manager:**

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

### **Used-A-Bit Shoppe Assistant Manager:**

Deb Olien  
507-645-1399 | [deb.olien@fiftynorth.org](mailto:deb.olien@fiftynorth.org)

### **Bookkeeper:**

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



### **Front Desk (Reception Staff):**

Phone: 507-664-3700 | Fax: 507-664-3720  
Mary Brown, Darla DeLong, Bonnie DuPay,  
JoAnn Edwardsen, Beth Endert, Nancy Glodfelty,  
Cathy Graff, 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



### **Little Frida Cafe & Taco Shop:**

Monday–Friday 11:30 am - 1:00pm  
Call 507-321-1884 for takeout



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

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