



By Kerry Hjelmgren, Director



## Greetings, FiftyNorth Members ...



I am honored and excited to follow in Lynne's footsteps as the new Executive Director of FiftyNorth! I know I have some big

shoes to fill. Thankfully, I was blessed with big feet!

I was drawn to FiftyNorth because of the boundless opportunities for enrichment and engagement that it provides for its members, and its philosophy that age is just a number. My calling is to help improve quality of life for the aging members of our community. I hope you will embrace FiftyNorth's abundance of lifelong learning and fitness activities as chances for growth at every age and stage of your life. I will strive to ensure that FiftyNorth empowers you to keep growing.

■ Watch for upcoming dates and times for 'Coffee with Kerry' in the lobby.

A little about me...I grew up in Stillwater, but have been in Northfield since I headed to St. Olaf in 2001. I live on the east side of Northfield with my spouse and kiddo, our 3 orange kitties, and our border collie who does a great job of herding us all! My family followed me to Northfield when I went to St. Olaf, so I am lucky to be just minutes from my mother and my sister



and her family. Northfield has been an ideal community to raise our families in. I love to travel globally, enjoy genealogy, photography, and playing bingo!


My goal is to meet each of you personally! To help with that, I have a challenge for all FiftyNorth members through the end of October. Any member who can correctly pronounce my last name "Hjelmgren" and correctly guess its nationality, will get a free class pass! Come in to FiftyNorth and introduce yourself, and give it a try.

Always keep growing!

Kerry

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**BOOKMOBILE VISIT AT FIFTYNORTH**  
Tuesday, October 11  
from 10-11:00am



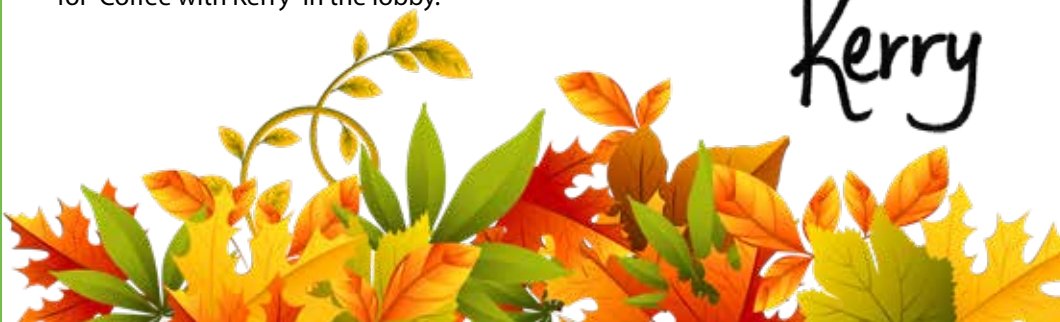
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**Important Survey Underway Impacting the Future of FiftyNorth**



See page 3





## In The Gallery

October 17 - November 22

**MARY WILLIAMS** – *Photography*

**JOHN VAN AST** - *Wood Turning*

### MARY WILLIAMS – *Photography*



#### Artist statement

My interest in photography started about 7 years ago while I was scanning my father's slides into my computer. He took up photography as a hobby after he retired from Carleton in 1975, and as I was looking at his work, I began to think, "Wow, if he could take such great photographs back in the day of film when you couldn't instantly see your results and have a 're-do' if necessary, I wonder what I could do nowadays with a digital camera? I wonder if I could get pictures that are as good as these, or maybe even better?" This ignited a spark within me to try my hand at photography too, so I bought myself a digital camera (which I have upgraded numerous times) and some lenses, and got started

Since that time, photography—primarily nature and wildlife photography—has become not only a hobby, but a passion. During the past years, I have won awards for my images in salon competitions in both the MN Valley Photography Club and the MN Nature Photography Club, as well as blue ribbons at the Dakota County Fair. These are but a few of my many photos. I hope you enjoy them!

### JOHN VAN AST - *Wood Turning*



#### Artist statement

My continuing need to give creative expression to the beauty of wood that exists beneath the bark of trees has taken me beyond my wildest dreams of creative turning. Contrasts within one piece of wood, within the wood of one tree, as well as among the myriad tree species is astonishing. Each turning in the gallery at Fifty North is an example. This diversity is a visible reminder of God's ever mysterious rhythm which is an inspiration for my enhancing what is already there.

The degree to which the enhancing succeeds depends on large part on my technical competence and observation. I did not achieve my creative enhancement without struggle, without spousal support and encouragement when the chips were down. Turning is exhausting work.

The sense that a piece of wood is poised on something special challenges me. Perhaps I prefer the elusive rather than the given. I have learned to anticipate conditions, but mostly I rely on an intuitive sense that has been with me since birth. This sense has proven quite constant in leading me to the right place.

I ONLY ENHANCE WHAT IS ALREADY THERE.

### ARTIST'S RECEPTION: OCTOBER 20, 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!





FROM THE

## President of the Board of Directors



# FiftyNorth



## TRANSITION

When Lynne came to us with her decision to retire, I was very happy for her. But how do you replace someone who has successfully led FiftyNorth for so many years? In April, the work began.

A search committee was formed, tasks determined and a schedule created. Five months later, we're thrilled to be welcoming Kerry as the new Executive Director of FiftyNorth. With the help of Lynne and a board transition committee, she now begins learning all aspects of leading FiftyNorth, including staff, programming, finances, membership, and community partnerships.

A big part of this transition includes you having a chance to get to know Kerry and talk about the center. Watch for opportunities to meet over coffee or lunch, dates and times to be announced. When you see Kerry in the lobby or in a class, introduce yourself. She's anxious to get to know you.

I want to thank Lee Runzheimer, Gordon Kelley, Rita Olson, Richard DeBeau, and Char Carlson for their thoughtful and time-consuming work on the search committee. Also thank you to the transition committee: Lee Runzheimer, Kathie Taranto, Colleen Vitek and Lynne Pederson.

If you have any questions, please contact me at [pjorstad@gmail.com](mailto:pjorstad@gmail.com).

PAT JORSTAD — *FiftyNorth Board President*



## Expansion Committee Update

HELP NEEDED FROM FIFTYNORTH MEMBERS

### Important Survey Underway Impacting the Future of FiftyNorth

Over the last 4 years a plan to expand the Fitness Room, Studio, and Locker rooms and update the classrooms has been in process. A plan designed by 292 Design Architects has been accepted for space changes in FiftyNorth and in the North and West Wings of the building. The building is owned by the City of Northfield and they are a major partner in the project. The Fifty North expansion is included in the City's Park and recreation plan.

**Here is where we need your help.** There is an online survey by the City of Northfield that FiftyNorth is included in and we need you to take the survey. Access the survey here: <https://www.surveymonkey.com/r/PTPQQRH>

Please fill it out, check that FiftyNorth is important to you, and add a comment that you will support an expansion project at FiftyNorth.

It is important that the City staff hear from people age 50 and older as to the importance of FiftyNorth to you and in the community.

Thank you from the Expansion Committee: Rita Olson, chair, Pat Jorstad, Board chair, Char Carlson, Lee Runzheimer, Kerry Hjelmgren, Executive Director, Craig Swenson, Lynne Pederson.

**NOTE:** The survey ends at the end of October.



**TAKE SURVEY AT FIFTYNORTH:** We will also have computers available in the lobby setup to take the survey.



## Events



Eric Nelson and Riki Kölbl Nelson



Sample illustrations by  
Riki Kölbl Nelson

## Book Launch Celebration!

**Rick's Adventures in Paris** by Eric Nelson

**Friday, October 14**

**6:30-8:00pm**

**Free Event**

**Rick's Adventures in Paris** by Eric Nelson with illustrations by Riki Kölbl Nelson.

**●6:30 – Lobby:**

Meet the Author, Book Sales, Live music by Greg Smith, Appetizers

Book available for purchase; price \$20 (tax included)

**●7:15pm – Room 103:**

Introduction by Jonathan Hill, a retired colleague from St. Olaf College, and longtime friend of the author. Brief reading of passages from the book and comments by the illustrator.

**Rick's Adventures in Paris:**

This entertaining coming of age story, to which the author's son Benno and granddaughter Else Bird made important contributions, opens with these excerpts:

*"I am a genius. You probably think I'm not really a genius, but I'm not and I am. A lot of people secretly hope to turn out to be a genius but they have too small a notion of what a genius is..."*

*"You can be a genius at anything. It's not what you do but how you do it. I'm a genius at making peanut butter sandwiches. That's right, I'm that genius..."*

*"What I'm going to do here is tell the whole story: the behind-the-scenes stuff at Rick's Café, my rock club in Paris; the political controversy that erupted when my sandwiches appeared on the menu of a three-star restaurant; my fifteen minutes of fame on French television and the riot that followed. It's the classic story of love and politics. And it all started with a peanut butter sandwich."*

## 2022 CAPITAL PROJECTS LEVY

Northfield Public Schools ISD No. 659

**Wednesday, October 12**

**4:30-5:30pm**

**Room 103**



The Northfield School District is asking voters to renew the existing capital projects levy and to increase it on the Nov. 8 general election ballot. The current capital projects levy expires in fiscal year 2024. Renewing the existing capital projects levy allows the district to keep instructional materials up-to-date, funds regular maintenance of our buildings and grounds, and provides funds to pay for the salary and benefits of eligible technology services staff members. This reallocation of salaries and benefits from the general fund to the capital projects levy is needed to reduce the amount of future budget reductions. There will be two questions on the ballot. The first will extend the levy authority for 10 years at the existing tax rate (3.534%) and the second question will ask for an increase of 1.169% for 10 years. If both questions pass, the district will generate approximately \$1.65 million per year compared to the \$750,000 received

per year under the previously approved levy. The tax impact on a \$350,000 home will be an additional \$81 per year or an additional \$6.75 per month if both questions pass. It is important to note that the district has been under-levying the existing capital projects levy. The existing authority (at a tax rate of 3.534%) increases as the district's tax base grows. The district currently could be levying for up to \$1.24 million but has only levied taxes to reach the \$750,000 amount promised to the taxpayers when the levy was passed in 2011. You can also learn more by visiting the district website at <https://northfieldschools.org/cpl>.



**Superintendent of Schools  
Dr. Matt Hillmann will present  
information about the capital projects  
levy request and take questions.**



## 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**  
 Tuesday, October 11  
 9:00-1:00pm

**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

*Maria Estrada's*  
**Little Frida Cafe**  
 &  
**Taco Shop**

**GRAND  
 OPENING**

**There's a New Taste  
 at FiftyNorth**

**We bring the best taste to you from  
 Little Frida Café & Taco Shop**

**We invite you to join us  
 Wednesday, October 12th  
 11:30am – 1:00pm**



**GRAND OPENING SPECIAL:**  
**Chicken enchilada platter**  
**\$5 + tax**

**Call 507-321-1884 for takeout**



**Free dessert  
 for those  
 dining on the  
 12th.**



## 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

**2 Classes have not met minimum.  
Please sign up today!**

● **UKULELE FOR NON-DUMMIES!**

**Tuesdays, October 4, 11, 18, 25, November 1, 8, 15, 22**  
**4:00-4:45pm**

● **INTRODUCTION (OR RETURN) TO THE GUITAR**

**Tuesdays, October 4, 11, 18, 25, November 1, 8, 15, 22**  
**5:00-5:45pm**

*(same information for both classes)*

**Instructor:** Randy Ferguson

**Capacity:** max 8, min 6

**Cost:** \$65 nonmbr, \$50 mbr, \$0 platinum

**Space:** Room 103



**Date and time change**

**ENVIRONMENTAL AWARENESS  
CAMPAIGN**

**Tuesday, October 4**  
**2:30-3:30pm**

Single-use plastics entered the consumer scene in the mid-1960s as a modern convenience. Since that time, plastic bags, bottles, packaging, cups, containers, wrappers, and Styrofoam have infiltrated every facet of our daily existence, while 63% of modern clothing is made from plastic.

Despite their convenience, these items ultimately break down into micro pellets. Microplastic is found in every marine species down to the tiniest plankton in the deepest ocean trenches and on top of Mt. Everest. In recent months, microplastics have been found in human blood and lungs.

I create artwork as a therapeutic way to delay the inevitable overcoming of plastics. My decades of experience as a fashion designer made textiles/gowns seem like an obvious medium to experiment with, however the emotional challenge is palpable.

**Presenter:** Dina Fesler

**Capacity:** 25

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

**Space:** Room 103

**DINA FESLER** is a fashion designer and environmental activist who lives in the Northfield area. Her dresses are on display in the FiftyNorth Gallery.



**Northfield Public Broadcasting**  
**Monday, October 10**  
**1:30-2:30pm**

Come learn about your local public television station! Sam Temple, Station Manager for Northfield Public Broadcasting, will be showcasing NPB's current programming and explaining their production process. He will also share the community submission policy and how anyone can watch NPB videos. Join us! Learn how you can enjoy and support your local public television station.

**Presenter:** Sam Temple, Station Manager at NPB

**Capacity:** 25

**Cost:** FREE

**Space:** Room 103



**Medicare 101**

**Monday, October 17**

**1:00-3:30pm**

Learn about Medicare Parts A, B, C and D and additional insurance options. We'll help you understand the enrollment process and options that affect personal costs. This class presented by Jerry Roberts from the Southeast Minnesota Area Agency on Aging/Senior Linkage Line (SEMAAA/SLL), will help you understand more about this program, how to get the most from your Medicare benefits, and the how to make choices for supplement parts C and D.

**Pre-registration is required.**

**Instructor:** Jerry Roberts

**Capacity:** 24 max, 10 min.

**Cost:** FREE



**LIN BRUCE  
MOTIVATIONAL TALK:  
"Engaging While  
Ageing"  
Friday, October 21  
10:00-11:00am**

How do you keep living full-out, stretching into adventures in the face of increasing limitations? How

do you negotiate the balance between practical realism and joyful living?

Octogenarian Lin Bruce is particularly aware of the importance of a sense of possibility as one ages. Even now, Lin speaks of reaching farther, stretching to bigger activity, trying something new. Her motto "Yes, I Think I Can" continues to encourage her.

Lin Bruce committed to her first cross-country bicycle ride in 1999, in honor of her sixtieth birthday. Twenty-three years and 33,000 trip miles later, she continues to bike.

**Presenter:** Lin Bruce  
**Capacity:** 30  
**Cost:** Free  
**Space:** Room 103



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



**SLN - POWERFUL PARTNERSHIPS- CIVIL WAR ERA COUPLES: National Portrait Gallery  
Tuesday, October 4 ○ 1:00-2:00pm**

Long before the term "power couple" found its way into English lexicon, dynamic duos had been making their mark on U.S. history. "Powerful Partnerships: Civil War-Era Couples" sheds light on the stories and faces of five couples whose work and lives shaped the nation around them during tumultuous times.

**SLN - FDR PRESIDENTIAL LIBRARY celebrates Eleanor Roosevelt's Birthday  
Tuesday, October 11 ○ 1:00-2:00pm**

Eleanor Roosevelt, Tireless Advocate for Change. Having been First Lady for 12 years, and then pursuing a career as a social activist for 17 years on her own, Eleanor Roosevelt had a tremendous impact on the social conditions in this country, and around the world. This session explores some of the causes to which she lent her considerable skills and encouragement.

**SLN - FREDERICK DOUGLASS NATIONAL HISTORIC SITE, DC  
Tuesday, October 18 ○ 1:00-2:00pm**

"I would unite with anybody to do right and with nobody to do wrong." Frederick Douglass spent his life fighting for justice and equality. Born into slavery in 1818, he escaped as a young man and became a leading voice in the abolitionist movement. People everywhere still find inspiration today in his tireless struggle, brilliant words, and inclusive vision of humanity. Douglass's legacy is preserved here at Cedar Hill, where he lived his last 17 years.

**SLN - THE TABORS: AN EPIC TALE OF THE WEST NATIONAL MINING HALL OF FAME AND MUSEUM  
Tuesday, October 25 ○ 1:00-2:00pm**

H.A.W Tabor lived the 19th century dream migrating to the west and finding wealth. After working as a stone cutter he moved west from Maine with an abolitionist party He took up a farm in Kansas. In 1855 he married a longtime sweet heart Augusta Pierce and brought her from Maine to the Kansas farm. In 1859 they joined the Pikes Peak gold rush. The family' including Augusta and their 1 1/2-year-old son Maxcy traveled 600 miles in a covered wagon to Auraria, now Denver, Colorado where they struck it rich in near what is now Leadville, Colorado. According to



the 1860 census Augusta was one of 36 women and 2000 men in the gulch. They stayed in the area where he, Augusta and Maxcy were successful in business and mining. In 1874 silver was discovered in the area. By the end of 1878 H.A.W. had accumulated immense wealth from his mining interests. He was elected Lt. Governor of Colorado and served a brief term as U. S. Senator. In 1883 he divorced Augusta his wife of 26 years and married Elizabeth Bonduel McCourt Doe (later known as Baby Doe) 24 years his junior. Stay tuned for the fascinating "rest of the story!"



## Fitness News & Updates

### CLASS CANCELLATIONS

**SILVER SNEAKERS STRENGTH -INPERSON and ZOOM Fitness - Silver Sneakers Strength**  
Tuesdays  
4:30-5:15pm

**INTERMEDIATE YOGA (TUE) INPERSON and ZOOM Fitness - Intermediate Yoga (Tue)**  
Tuesdays  
5:30-6:30pm

### NEW FITNESS GROUP



**NORDIC WALKING GROUP**  
Wednesdays, 2:15-3:00pm

Join an indoor Nordic walking group. Enjoy conversation, laughter and tips to improve your Nordic walking. We have a limited supply of walking poles. Please bring your own if you have them.

**PREREQUISITE:** Nordic Walking 101 or similar class  
Fitness Group fees apply

**Group Lead:** Kate Stuart

**Space:** Courtyard and Group Exercise Room

### NEW FITNESS CLASSES - BEGINNING OCTOBER 1

**NEW AQUA CLASS:**  
(Open Swim **NOT ALLOWED** during this time)



**AQUA ZUMBA**  
Saturdays  
8:00-9:00am

Join Healthfinders on Saturday mornings for a free class. Aqua Zumba is a fun, energetic, heart pumping workout. Dance to Latin and modern-day hip-hop music in the FiftyNorth pool.

**Instructor:** HealthFinders

**Capacity:** 20

**Cost:** Free

**FULL BODY STRENGTHENING**  
Tuesdays & Thursdays  
8:00-9:00am

The body has over 600 muscles. Full Body Strengthening will run you through a circuit training style class where you will have the chance to increase strength, stamina, coordination and stability. Join the fun of Full Body Strengthening instructed by Kinesiology Students from St. Olaf College. This class promises to give all 600 muscles a great workout.

**Instructors:** St. Olaf Students

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



**NORDIC WALKING 101**  
Fridays, October 7, 14, 21, 28  
12:30-1:30pm

or  
**NORDIC WALKING 101**  
Fridays, October 7, 14, 21, 28  
2:00-3:00pm

Nordic Walking is the newest craze in the fitness world. Studies are finding that Nordic walking helps increase stability, coordination, cardiovascular endurance, and allows for individuals to enjoy hikes and walks with less discomfort in joints and various muscle groups. Learn how to walk properly with Nordic Walking Sticks, learn more about the benefits of Nordic Walking and the best way to take care of your Nordic Walking Sticks. Nordic Walking sticks will be available for participants to use during the class. If you have your own Nordic walking sticks you are welcome to bring them.

**Instructor:** Kate Stuart

**Capacity:** 6

**Cost:** \$36 nonmbr, \$28 mbr, \$0 plus/platinum

**Space:** Courtyard and Fitness Studio





# Wellness

## MEDITATION

**Wednesdays, October 5, 12, 19, 26, November 2, 9**  
**10:30-11:15am**



Most of us have heard of the benefits meditation can bring: how a few minutes a day contribute to reduced stress, enhanced relaxation, better heart health, and an increased ability to focus. If you're curious about trying it for yourself, then this is the class for you! Over the course of six weeks we will explore a number of techniques, beginning with a simple meditation on the breath and continuing to more advanced mindfulness techniques. Laurel Carrington has extensive meditation experience over the course of twelve years, and has recently completed a teacher training course through Unified Mindfulness. (6 sessions)

**Instructor:** Laurel Carrington  
**Capacity:** 10  
**Cost:** \$54 nonmbr, \$42 mbr, \$0 platinum

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

	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		FULL BODY STRENGTHENING (8-9)		FULL BODY STRENGTHENING (8-9)		HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)		
9:30 AM	CARDIO DANCE AND DRUMSTICKS (9:15-10)		CIRCUIT TRAINING (9:30-10:30) NO open fitness			CIRCUIT TRAINING (9:30-10:30) NO open fitness
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						
2:00 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)		
2:30 PM			NORDIC WALKING GROUP (2:15-3)			
3:00 PM						
3:30 PM	TAI CHI FLOW STANDING (3:15-3:45)		TAI CHI FLOW STANDING (3:15-3:45)		TAI CHI FLOW STANDING (3:15-3:45)	
4:00 PM	TAI CHI FLOW CHAIR (4-4:30)		TAI CHI FLOW CHAIR (4-4:30)		TAI CHI FLOW CHAIR (4-4:30)	
4:30 PM						
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



# Wellness



## COLON CANCER 101

### What Is Colorectal Cancer?

Colorectal cancer, any malignancy that begins in the large intestine, is considered "easy" to treat if it's diagnosed early.

### COLON CANCER 101 Monday, October 10 9:00-10:00am

Colon Cancer is the 4th most commonly diagnosed cancers and the 2nd leading cause of cancer death. Half of all new colon cancer diagnosis are in people 66 years of age and younger. In partnership with Northfield Hospital and Clinics, learn the pathology of colon cancer, signs and symptoms, causes, and treatments of Colon Cancer.

**Instructor:**  
Northfield Hospital and Clinics - Dr. Randolph Reister, M.D.  
**Capacity:** 20  
**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum  
**Space:** Room 106

### 2022 AQUA FITNESS (updated October 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	AQUA ZUMBA 8-9AM
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	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:30 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 12-1:45PM
12:30 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	<b>KEY:</b> <b>GREEN:</b> Class <b>GOLD:</b> Group Activity (Open Swim allowed) <b>BLUE:</b> Open Swim
1:30 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
2:30 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
3:30 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
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	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	



# Wellness



**DEMENTIA 101**  
**Wednesday, October 12**  
**9:00-12:00pm**

Dementia is currently the seventh leading cause of death among all diseases and one of the major causes of disability and dependency among older people globally. Marcy Kramer, Doctor of Physical Therapy will discuss the leading causes of dementia, signs, symptoms and types of treatments.

**Instructor:** Marcy Kramer  
**Capacity:** 20  
**Cost:** \$27 nonmbr, \$21 mbr, \$0 platinum



**FLU VACCINE CLINIC -**  
**RICE COUNTY PUBLIC HEALTH**

**Tuesday, October 11**  
**10:00-11:30am**

If you are on Medicare (Part B) or Medical Assistance (Medicaid), bring your program card to the clinic and Public Health will bill Medicare or Medical Assistance for you.

**2022 VIRTUAL LAND BASED FITNESS CLASSES (updated October 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)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (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)	
9:00 AM	YOGA STRETCH (9-10)	BEGINNING YOGA (VINAYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	INTERMEDIATE YOGA (9-10)	SIMPLE STRETCH (9-9:45)
9:30 AM			CARDIO DANCE AND DRUMSTICKS (9:15-10)			
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						



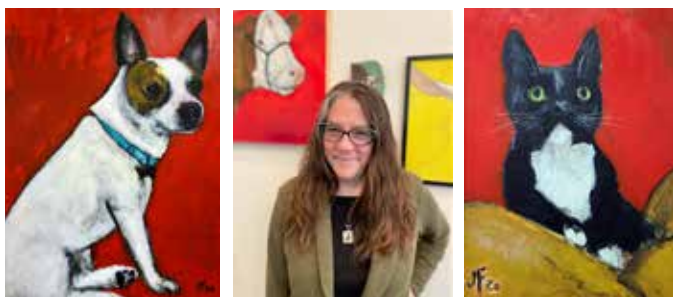
## Art Classes

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



### PAINT YOUR PET 2.0

**Monday, Tuesday**

**October 10 & 11**

**9:00-11:00am**

Artist Julie Fakler will teach you step-by-step how to paint a portrait of your pet. In class you'll learn about under painting, form, shape and color. In the first class we will complete the first layer of colors (paint), and we'll return the next day to add a second layer of colors (paint). If time allows more layers can be added to your masterpiece.

Email your pet reference photo to [juliefakler@gmail.com](mailto:juliefakler@gmail.com) two days prior to class starting. Wear clothes that can get paint on them. Materials provided.

(2 sessions)

**Instructor:** Julie Fakler

**Capacity:** 10

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

**Space:** Room 105



**PHOTO:** Sue Gallegar with her painting in previous Paint Your Pet 2.0 class.

*Wow!!!*



### EXPRESSIVE PORTRAITS

**Thursdays, October 13, 20**

**1:30-3:30pm**

This class is designed for all levels of art experience. We will begin with some basic proportional exercises of the human face in general. No matter how often one attempts a portrait, certain principles of proportion should be followed for a satisfactory outcome. We will go step by step through sketching all aspects of a human face. This exploration will guide you through any portrait you choose to draw or paint now or in the future.

**Session 1.** Preparing for your Expressive Portrait (10/13)  
Handouts will be available

**Session 2.** Painting your Expressive Portrait (10/20)

We will start by transferring your sketch to a canvas then choosing paint colors

Please bring your self-photo or send your selfie to:

Michelle Loken: [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org)

Do not worry, we can help you obtain/or copy your photo on day one! No worries!

#### BRING YOUR OWN:

-Rulers

-Your photo (not sure? bring more than one)

-Your sketch from the previous week

**Instructor:** Kate Douglas

**Capacity:** 10

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

**Space:** 105



**THE ART CLUB:** The art club meets every Wednesday from 1:00-3:00pm in room 106. Stop in! Bring a project you're working on or need some help with. All are welcome! - Group fee applies; \$1 recommended.



## Art Classes - *continued*



**HAND BUILDING POTTERY CLASS AT THE PARADISE STUDIO IN FARIBAULT**  
**Monday, October 17,**  
**Wednesday, October 19,**  
**Mondays, October 24, 31**  
**10:00-11:30am**

We are partnering with the Paradise Studio to offer this experience. In this class students will turn their ideas into creations with Dianne’s help – functional pieces such as cups and bowls, non-functional decorative pieces for the wall or personalized

holiday gifts. Let your imagination be your guide. We will also add color and use food safe glazes so creations can even be used with food. Clay and guidance will be provided. Bring your ideas and come dressed to get dirty and have fun.

All materials included. Transportation will be on your own. We encourage carpooling.

(4 sessions)

**Instructor:** Dianne Lockerby

**Max Capacity:** 8

**Min Capacity:** 3

**Cost:** \$72 - one price for all

**Space:** Paradise Studio, Faribault

### WOOD TURNING DEMONSTRATION

**Tuesday, October 25**

**9:00-10:00am**

Have you ever wanted to learn the skill of wood turning or just see how this beautiful craft is done? This is an opportunity to watch a wood turning project from beginning to end. There will be time for questions throughout the demonstration. You will be standing most of the time for a closeup view. You may want to bring a pen, notepad, lawn chair and camera. This will be in John’s heated workshop. Space is limited, so sign up early.  
 \*Transportation will be on your own.



**Presenter:** John Van Ast

**Capacity:** 10

**Cost:** No fee

**Space:** Offsite -

John’s workshop, 1810 Prairie St., Northfield, MN 55057



Leslie Schultz



### POETRY WRITING WORKSHOP

**Wednesdays, October 26, November 2, 9, 16**  
**10:00-11:30am**

“Explore your interest in writing poetry in a supportive workshop setting dedicated to sparking new poems and to sharing and revising drafts. Along the way, encounter different poetic strategies (including narrative or storytelling poems, free verse, and traditional and non-traditional use of rhyme and meter.) Bring a pen, some paper, and all your ideas!”

Leslie Schultz (Northfield, Minnesota) has published three books of poetry, *Still Life with Poppies: Elegies*, *Cloud Song*, and *Concertina* (Kelsay Books, 2016, 2018, 2019) and two chapbooks: *Larks at Sunrise: Light-hearted Poems for Dark Times* (Green Gingko Press, 2021) and *Living Room*, (MWPH). Her poetry has appeared in *Able Muse*, *Blue Unicorn*, *Hawai’i Pacific Review*, *Mezzo Cammin*, *MockingHeart Review*, *Naugatuck River Review*, *North Dakota Quarterly*, *Poet Lore*, *Third Wednesday*, *The Midwest Quarterly*, *The Orchards*, and *The Wayfarer*, and in the sidewalks of Northfield. She writes in both traditional and organic forms, and serves as a judge for the yearly international Maria W. Faust Sonnet Contest. Each April, she writes and shares a poem a day in honor of National Poetry Month. One of her haiku was included on the most recent MAVIN mission to Mars, and it is still circling the red planet. Schultz posts poems, photographs, and essays on her website: [www.winonamedia.net](http://www.winonamedia.net).

While she sports no tattoos in ink, in her spare time, she memorizes the poems she loves by other poets to create tattoos for the brain and heart.

(4 sessions)

**Instructor:** Leslie Schultz

**Capacity:** 8

**Cost:** \$54 nonmbr, \$42 mbr, \$0 plat

**Space:** Room 104

**Art Classes continued on page 17**

**NEW Wood Turning Classes with Cannon Valley Makers!**





## Travel News!

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

# Bluff Country Overnight

## BLUFF COUNTRY OVERNIGHT Monday, October 17 – Tuesday, October 18 7:00am Monday to 7:00pm Tuesday

The bus will travel to Rushford to the Metz Hartland Creamery. Here we will learn about cheese production; from milking cows to the finished ready to each cheese. Then, on to **Lunch** at Norsland Lefse Cafe. There will be 2 sandwich choices to choose from. We will also watch the staff make and package lefse for shipping and for sale. Moving on to Featherstone Farms- Organic fruits and vegetables farming. We may see harvesting, cleaning and packaging.

Amish Family Buggy Ride- Through fall flowers and colorful trees. We will travel to an old original country church.

We will have **Dinner** at Amish Valley Cabin in Canton. The menu is Amish Cook's choice. Please let us know if you have any dietary needs or restrictions. Traveling on to Commonweal Theatre in Lanesboro to watch the play "The Mystery of Edwin Drood".

Night of Rest

Amish Valley Cabin. This is a lodge, rooms sleep 2 or 4 or 6 people.

Tuesday:

**Breakfast** at Amish Valley Cabin- FOR EVERYONE- Amish Breakfast  
 Niagara Cave in Harmony- You will need a winter coat, and good walking shoes. This is NOT handicapped accessible.

Early **Lunch**- Restaurant not confirmed yet. **This is ON YOUR OWN**  
 Amish Tour to Swartzenberge Baskets, Roadside Bakery, Yoder B and H Leather, and Dan Hershberger Metal. From here we will visit Peterson State Fish Hatchery- Trout.

**Dinner** at the Purple Goat in Rochester - **This is ON YOUR OWN**  
 Return to Northfield.

**Trip Leader:** Norma Monroe

**Capacity:** 20

**Cost:** \$ 265 (Ticket and Bus) + Lodging fee of \$43

Lodging Choice additional Cost:

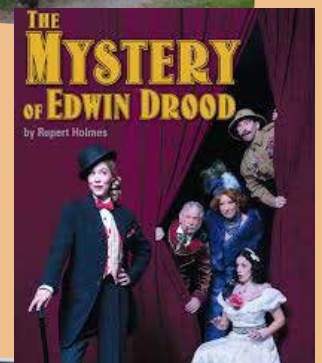
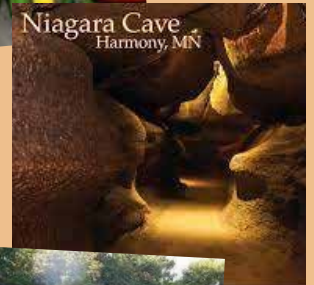
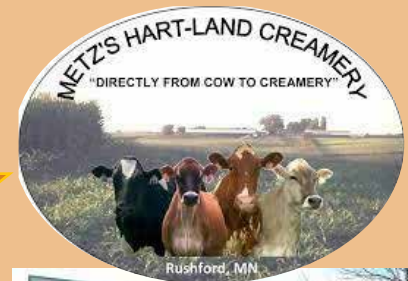
+\$43 each – Amish Valley Cabin (no Singles, choose a roommate, rooms sleep 2 or 4 or 6)

Trailhead Inn is **FULL**

Total cost is \$308.

**\*Please register in-person or by phone. 664-3700**

**Registration deadline:** October 7



## Travel Committee Retires! We need your help!

Travel Committee members are retiring and the group needs your help to keep these travel events happening.

The committee is looking for new members to join the adventurous committee that plans the trips for FiftyNorth. The Travel Committee meets once a month to discuss and plan trips for FiftyNorth. Committee Members will be able to help come up with trip ideas, organize and lead trips with the assistance of the staff liaison. For more information please contact Craig Swenson, Assistant Director at 507-664-3702 or email [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)



### EAGAN OUTLET MALL

**Tuesday, November 15**

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

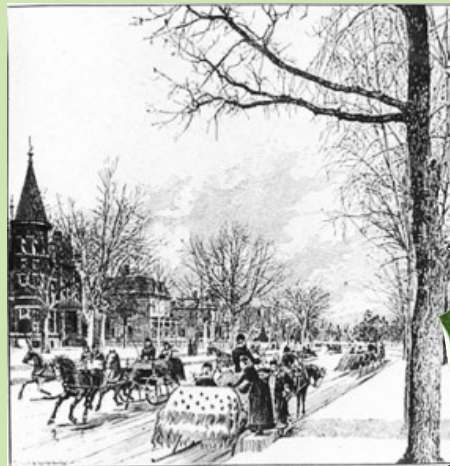
Join the fun of shopping at over 100 shops on your own or with friends at the Eagan Outlet Mall with FiftyNorth. The Eagan Outlet Mall provides a covered walkway to protect you from inclement weather. Get your holiday shopping done early and enjoy a late lunch at Dolittles Woodfire Grill. Lunch is NOT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

**Trip Leader:** Norma Monroe

**Capacity:** 30

**Cost:** \$45

**Registration deadline:** November 8



### A SERVANT'S CHRISTMAS: THE MUSICAL

**Sunday, November 20**

**11:00-5:30pm**

**The History Theatre, St. Paul**

1899. A story of LOVE, ACCEPTANCE, and UNDERSTANDING. A stocking stuffer filled with humor, song & dance and a joy-filled musical! A perfect tonic for our times! It's December on Summit Avenue in St. Paul when Monica, a young immigrant, is hired by the Warner family to serve as a 'Second Girl'. Mr. Warner, a very strict Christian, has recently lost his wife and mother of his two children and this holiday season is particularly difficult for everyone in the household. Monica, who is Jewish, fears that if she revealed her Jewish heritage, "her secret, and true self," she might be dismissed from this job that she desperately needs. Lunch at JOSEPH'S GRILL in St. Paul is NOT included in price.

**Trip Leader:** Jim Estrem

**Capacity:** 25

**Cost:** \$75

**Registration deadline:** October 19



## Group Updates!



### SEASONED SINGERS REHEARSALS 2022

**Mondays beginning October 24**

**5:30-7pm**

**Room 103**

Enjoy singing without having to commit to an entire year of numerous rehearsals and performances? The Seasoned Singers, directed by Donna May, is a group of women who meet "seasonally" at FiftyNorth to perform twice each year: early December and late Spring. We rehearse Mondays from 5:30pm-7:00pm prior to the performance. Our Christmas concert is scheduled for Wednesday, December 14, 2022 as part of FiftyNorth's Holiday Celebration. In addition to the concert we also hope to carol at several retirement centers, TBD. All women are welcome who can match pitch and read a score. No formal audition is required. There is a fee of \$10 to cover the cost of music.

**Interested? Have questions?** Contact Donna May at 507-649-7399; [dmay@churchofsaintagnes.org](mailto:dmay@churchofsaintagnes.org) or simply show up at the first rehearsal and try us out!



**FIFTYNORTH CHIME CHOIR *Come join the fun!*** We're starting a new season on October 6th. Looking for new members who enjoy making music.

We meet for an hour on Thursday mornings at 9:30 in room #103. No prior bells or chimes experience needed. Basic music knowledge is a plus.

We plan to do a few performances including the FiftyNorth holiday party.

Contact Marilyn Finneseth at 612-877-0959 for more information.



### GARDEN CLEANUP HELPERS WANTED!

**Monday, October 10 from 9:00am till 11:30**  
**FiftyNorth Courtyard**

We hope many of us were able to enjoy the courtyard this year. It has always been a wonderful getaway to enjoy the outdoors.

**There will be volunteers from HomeTown Credit Union** here to help but with some more volunteers we can make quick work of digging up annuals for the compost site, emptying pots, sweeping and packing up accessories in to the garden shed. **Email Patty Ciernia if you can help: [patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org) or call (507) 664-3709.**

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# Movie Fridays!

**MOVIES  
START  
AT  
1:00PM**

Enjoy movies together on the big screen at FiftyNorth.



**OCTOBER 7  
THE CIDER HOUSE RULES**

125 mins.  
Set in Maine in the 1940's, a young boy who grows up in an ideal orphanage opts to experience life in the dangerous world outside of the safe confines of the orphanage.



**OCTOBER 14  
BUTCH CASSIDY AND THE SUNDANCE KID**

1969 110 mins.  
One of the most popular screen westerns ever made, this Academy Award winning classic blends adventure, romance and comedy to tell the true story of the West's most likable outlaws.



**OCTOBER 21  
SECRETARIAT**

2010 162 mins.  
Witness the spectacular journey of an incredible horse, Secretariat, and the moving story of his unlikely owner, a housewife who risked everything to make him a champion. Out of the gate with never-before-seen bonus features, Secretariat is hours of pulse-pounding entertainment for the whole family!



**OCTOBER 28  
ONE FLEW OVER THE CUCKOOS NEST**

1975 133 mins  
Free spirited conman (Jack Nicholson) fakes insanity and moves into the state mental hospital with what he calls the "nuts." This means war! On one side is McMurphy. On the other is soft-spoken Nurse Ratched (Louise Fletcher), among the coldest monstrous villainous in film history.

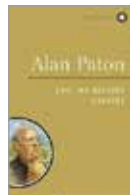


## Book Club

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.



**October  
THE SEED KEEPER**  
by Diane Wilson



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



## Art Classes - *continued*

**TURN A WOODEN BOWL OR PLATTER**

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

or

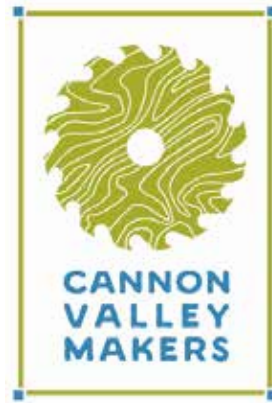
**TURN A WOODEN BOWL OR PLATTER**

**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

**DAVE PETERSON'S BIO:** Dave grew up working in a manufacturing company that cut, stamped, formed and welded steel components for farm and construction machines, rail cars, etc. After college, he wandered off into academics for a while and lived in the Middle East before returning to the factory as manager/owner. When he retired, he took up wood-turning, the craft of making round things out of wood: bowls, platters, candle-holders, vases, etc.

## Note from Lynne Pederson:



A heartfelt thank you to everyone that has wished me well as I move into retirement, for the numerous gifts that have shown up on my desk, and for attending the Celebrating Lynne party. It was fun way to end my working days at FiftyNorth. Yes, we are planning to take the RV to Florida in November to stay through the winter months. No...it is not fixed! Charlie is losing his patience so I believe that he is making a lasting impression on the staff at Camping World to get it done. I will keep you posted. *Onward and upward.*



## August Donors

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

Karen Achberger  
David & Joey Appleyard  
Nancy Ashmore & Kenneth  
Wedding  
Bernard & Mary Auge  
Lois Bakko  
Judy Broske  
Gene & Darlene Broughton  
Warren & Karen Broughton  
Mary Brown  
Brenda Bultman  
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Carol Rutz  
Bardwell Smith  
Kenneth & Sharon Steinhouse  
Dorothy Swanson  
Craig Swenson  
Allan & Nancy Swenson  
Dale & Rose Turnacliff  
Anne Ulmer  
Linda Wagenbach  
Patricia Warner



## August New Members

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

Patricia Baird, Steve & Angela Benda, Eric & Joan Berg, Erika Campbell, Laura Caviani, Connie Cihak, Doris Copas, Roger Esterbrooks, Debra Groenewold, Heidi Haugen, Kaye Heise, John & Mary Klockeman, Marcia Langston, Gerri Licke, Amy Lunderby, Patrice Nordstrand, Gordon & Betty Olson, John & Jane Ramsey, Ramona Revne, Richard & Kathleen Robinson, Terry & Marie Schlink, Nancy Schoenbauer, Peggy Sell, Robert Strayer & Suzanne Sturn, Beth Tiller, Tom Wellman & Dee Olson

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Hans Bengtson, MD



Clint Muench, MD



Paul Meyer, OPA



Ashley Erichson, PA-C



Deb McGuire Lang, PA-C



Kyle Smisek, PA-C

## 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)

### 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, Pat Nelson, Jane Persons



### Lobby Hours:

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



### Fitness Center Hours:

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



### Pool Hours:

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



### 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