



Northfield Senior Center

**active,  
connected,  
engaged**

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### Embrace Positive Aging by Patsy Dew

When did “senior” become a dirty word? I acknowledge the negative connotations about “senior,” but I would like to challenge all of you between the ages of 50 and 103 to defy that negativity and embrace Positive Aging. Now that so many of us are living longer, the focus needs to be on how we live well during this phase of life. And the good news is that we have a lot in our favor!

that staying physically active improves not only our physical health, but also our brain health. Since over 80% of the participation at the Senior Center is in the area of Fitness, I conclude that our members understand this. Brain health is also enhanced just by learning new things, and that can be anything, like learning a dance step or how to paint with acrylics, or how to play the piano. Doing something with music is especially effective in keeping our brains healthy because music involves all parts of the brain. I invite you to look through this newsletter for opportunities to try something new, just for fun, and without any strain, you will grow new brain cells.

Staying socially connected is important for positive aging. Beyond your family and circle of friends, you can find friends here through group activities like cards, exercise classes, trips, crafts...just about everything that happens here offers an opportunity to meet new

friends. Look especially in the enclosed Fall Program Guide for activities that interest you.

Research is also showing that it is important for older adults to have purpose, to know they are contributing something of value. This can be a tough adjustment in retirement, when one’s purpose had been defined by the job. Some find meaningful pursuits in their volunteer work, and we have plenty of volunteer opportunities here. Others find purpose in helping with the grandchildren, or taking part in a play. I have recently been most engaged and excited about raising a caterpillar, hoping to send him on his way to Mexico as a monarch butterfly in a couple of weeks. (More about that project next summer, when I plan to encourage more to join me in this endeavor).

Here’s to your Health! And recognition that we can enjoy this senior stage of life.

### Donor & Volunteer Recognition

Donors and Volunteers are invited to a recognition PARTY as a thank you for their generous gifts to the Senior Center on Friday, September, 25, 5:30 to 7:30.



The theme is “Donors and Volunteers are the Gems, Jewels, and Treasures of the HMS Northfield Senior Center”. There will be Pirates abound serving lite appetizers, grog, and desserts; Jaunty music will be provided by musical group, Wake-Robin; there will be treasure hunts, and drawings for “gems” from the Center. All invited “Mateys” are asked to RSVP.

People who are over 50 no longer need to prove themselves. We are free to try new things just for the fun of it, without the constraints of keeping up a grade-point, or meeting benchmarks, or pleasing the boss. And we have the advantage of recent research which has identified the important features of maintaining health and happiness into old age. We know

## GALLERY NEWS



*Standing Paper* by Virginia Epps

## Two Painters: Bill Stromayer and Mary Boylen

Continues through Sept 20

### Next Exhibit: M. Virginia epps

### “Uncommon Presence of Common papers”

September 21 - October 25

Opening Reception: Tues, Sept 22, 5 - 7pm

Virginia Epps has had lifelong interests in both science and the visual arts. She has advanced degrees in both disciplines, but for most of her working career was a science educator (and professor of science education). For Epps these two pursuits are not completely separate. For her, “the creativity and aesthetic sensibilities that ground engagement and creation in the arts also flowed into [her] approach to the science classroom.” She promised herself that when she retired from teaching that she would return to creating visual art.

Epps’s medium is paper. She uses a wide variety of techniques: arranging compositions, laminating, sanding, quilling, applying acrylic glazes and colored pencils, etc. She writes, “Most of the papers and paper products I use have served a purpose, usually practical, in a former identity or ‘life’ before being discarded or labeled as ‘scrap.’ While my explorations and study of paper have their roots in a concern for the wellbeing of the outdoor environment, the visual art pieces I make from paper are abstract statements rather than being representational images from that environment.”

Virginia Epps lives in Wisconsin; her connection to Northfield is her sister, Peggy Prowe.

## VOLUNTEER NEWS



**September 17** - The Center will provide volunteers to help with this CAC community program. If you'd like to help, contact Patsy Dew, [patsydew@nscmn.org](mailto:patsydew@nscmn.org)

## NEWS

### Take a book - Return a book

You’ve seen those little houses on posts around Northfield. They pop up in the front yards along the sidewalk of houses. They are called “Little Free Libraries.” Open the front door of a little house and inside you find BOOKS! And a sign that says, “Take a book – Return a book.” The idea is simple: “to promote literacy and the love of reading by building free book exchanges worldwide and to build a sense of community as we share skills, creativity, and wisdom across generations.”

Your Senior Center has its own Little Free Book Corner that operates the same way: Take a book – Return a book. The books are all donated and they are all free. No need to check them out (except those new DVD videos on the top shelf.) The supply is always changing, but we encourage you to drop off “good” books, not old college text books! You might even leave a note inside to say why you liked the book you are sharing. And take a book or two for your own enjoyment. Try a new author or new genre – ever read a western? Here’s your chance! Maybe even one of those romance novels, or biography, history or mystery. Take a book – Return a book - at your Senior Center Book Corner.



## Where Have You Been All My Life?

By Nancy Cantwell

From the earliest years of my life, I have gone out of my way to avoid dogs, in spite of seeing other people cuddle them, boast about them, and approach leashed dogs eagerly, asking permission to pet them, scratch their ears or stomachs, or carry on a conversation, obviously taking pleasure in the sight and softness of almost any dog within range. The same people are often wary of humans they have never known before, even when properly introduced. I have never understood this. Probably because the only pets we had as children were goldfish and turtles, being at ease with dogs has not been something I could manage.

My parents thought this might also be traced to a day in my early childhood when a dog suddenly bounded toward me, I suppose in greeting, hoping to be equally enthusiastically greeted by me. My memory is of bright sun in my eyes, furious barking, then darkness as I closed my eyes and dashed across the road, oblivious to the honking of an approaching car. No one was hurt. The motorist stopped, my parents appeared at my side, the dog was collared, but the damage to my nerves was

done. I was afraid of dogs for years.

My grandmother's large, placid police dog was not a threat. I was used to him, and he did not bark in the house. It was the little yapping dogs on porches, or those loping down the street in my direction, which made me veer off course or go blocks out of my way.

Of course there were dogs I could not entirely avoid. My first job after college was as one of the resident teachers at Columbine Hill, the farm belonging to a school in Providence. Six young boarders and another novice teacher lived there with the hearty New England head mistress and her dog, a huge white Labrador named Moby Dick. His only threat was a long flapping tail, and he obviously liked us all. The frisky hunter which came out with the school headmaster's family for athletic weekends was more of a challenge, especially when he vanished into the countryside at dusk and they had to leave without him. I might wake up to find him nosing into my room in the morning, ready to lick me awake; but I quickly learned to sit up, give him a pat, and usher him into the hall. Downstairs at breakfast, he gave all of his attention to the children, and was bundled into a second car as we all drove into town

for the school day.

With my own children, years later, I tried not to betray dog anxiety, but I'm sure they noticed it. Walking one son to kindergarten, I could feel the tremors traveling down my arm to his hand whenever a dog was in sight. We simply walked quickly on, without stopping to socialize. Each child made his own peace with the dogs in his life, sometimes enthusiastically. I enjoyed life without them, making a feeble excuse that I "do not have pet genes."

Just last weekend, that miraculously changed. I had the chance to spend time with my youngest son, his wife and two children. They are an affectionate family, happy with each other and welcoming to me. The fifth member of their family is a small black poodle with curly hair, melting dark eyes, and a manner so quiet and appealing that I felt no qualms, only instant friendship and a hope that I might be accepted by that charming creature. We seemed to meet as friends and equals, looking into each other's eyes, sitting together on the sofa. She never barked, and simply acted as though we might belong together, so we did, for the few days we had. I am still bewitched.

## LITERARY ART:

### A MOMENT IN TIME

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

- Patsy Dew



## CLASSES AND TALKS



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

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

### HEART HEALTHY!! Wed. Sept 16-30 6-7p

Your heart is dependent on quality nutrients to provide you the best performance possible. Heart disease is one of the leading causes of death today because individuals are not making good nutrition choices. In these three seminars, you will learn what foods to add to your regular menu that promote a strong heart, healthy blood vessels, and healthy blood for your quality life.

Three one-hour seminars covers:

- Strategic foods to add to your daily lifestyle
- The cholesterol / heart relationship
- High blood pressure and mineral balance
- The primary fuel of your heart
- Heart Health Strategies for your future

Teacher: Dr. Noel Aldrich

Cost: \$6 (Plat Equiv, no fee)

### EVERYONE WITH DIABETES COUNTS Wed. Sept 9-Oct 14 9-11a

Everyone with Diabetes Counts (EDC) is a FREE program sponsored by Stratis Health that helps people with diabetes take better care of their health. Subjects covered include techniques to deal with the symptoms of chronic disease, fatigue, pain, appropriate exercise for maintaining and improving strength and endurance, healthy eating appropriate use of medication; and more. EDC does not conflict with other programs or treatment and participants are referred to their physicians for all medical questions.



**“Music can be medicine for your mind.”**

-Johns Hopkins Medicine

### RECREATIONAL MUSIC MAKING FOR ADULT BEGINNERS

Tues. Sept. 15 - Oct 13 10-11a

Group piano lessons for adult beginners. You're never too old to learn and enjoy playing music. Enjoy effective brain exercises while learning to read music and play piano.

Teacher: Wendy Russell

Cost: \$30m/\$40nm  
Plat Equiv, no fee

#### \*PLATINUM EQUIVALENT MEMBERS

Class fees are included for Platinum members. Silver Sneakers and Silver & Fit PLUS members are considered “Platinum” members. Silver & Fit PLUS members have paid an additional \$160 annual fee to upgrade their membership to the Platinum equivalent.

**VIAL OF LIFE**

Mon. Sept 21, 10-11a

Vial of Life is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency when a patient is not able to speak or remember this information. Having this information available to first responders greatly assists in getting the proper medical treatment. This program is sponsored by Northfield Hospital and presented by Amber Gregor, EMT. All attendees will receive a Vial of Life kit.

**No Fee**

**LIFE LESSONS FROM THE GREAT BOOKS**

The series will begin  
Fri. Sept 18  
10:30 - 11:30a

This Great Courses DVD discussion group, coordinated by volunteer Orrin DeLong, will study more than three dozen works that span Western history, from ancient Greece and Rome to the modern age. The group will delve into the six broad themes that run through history's most compelling stories. Thought provoking discussion of the day's topic follows each video presentation. Class is limited to 12 participants.

There is a \$10 materials fee for all participants.

**HOW TO USE THE NORTHFIELD PUBLIC LIBRARY CATALOG**

Sept. 23, 11:00 AM  
Senior Center computer lab

Now that libraries no longer have physical card catalogs, you may want to learn how to make better use of their online catalogs. Come to a 1 hour session on how to use the Northfield Public Library online catalog. Learn also how to request books, renew books, create book lists and pay fines. There will be time for questions.

No fee, but PLEASE REGISTER BY SEPT 17. For more information call the library at 507-645-6606, or Patsy Dew, 664-3708



**THE UPPITY WOMEN OF SHAKESPEARE**

Informational Meeting -  
Tues. Sept 15, 6:30p

For women only. Come if you would be interested in exploring the characters William Shakespeare created. Sylvia Langworthy will lead the class. This will be a meeting to find out who is interested, and what kind of availability they would have. With enough interest, the program would start in October.

**INTRODUCTION TO IPAD/IPHONE**

Tues/Thurs Sept 22 & 24  
9:30-11:30a

Get to know your iPad- iPhone, learn the basic operations necessary to operate it, and the onscreen keyboard. You will also learn to send E-mails as well as surf. Bring your iPad or iPhone to class. Prerequisite: none

**Instructor: John Severson**  
**Cost: \$20 m/\$25nm**

**INTRO TO COMPUTERS/MAC**

M/W Set 28/30  
9:30-11:30a

**Instructor: Judy Cederberg**

OR

**INTRO TO COMPUTERS/WIN**

Tu/Th Sept 29/  
Oct. 1 9:30-11:30a

**Instructor: Jim Finholt**

This introductory course covers general computer concepts. It is intended for people with no experience and those who feel they need some preparation for other Computer Center courses. The course will use a text book. Students are asked to pick up a free, loaner copy at the Reception Desk prior to the start of the course. Prerequisite: None

**Cost: \$20m/25nm**

**COMPUTER CLASSREGISTRATION DEADLINE:**  
Noon, Wednesday, the week before the class begins.

The early deadline is needed to allow adequate course

**CLASSES AND TALKS**

**Classes being offered jointly with the Northfield Arts Guild**

Ballroom Dance, Saturdays, 1 – 1:45pm, begins Sept 19 in our Fitness Studio

Wanna Come Out and Play, Thursdays, 9:30 – 10:30am, 9/17 – 10/8 at the Arts Guild

See the insert for more details. Register on line through the Arts Guild, or with form included in this insert.

## CLASSES AND TALKS

### ART IS 4 EVERY1® ACRYLIC PAINTING CLASS

Thurs, 9:30-11:30am  
Oct 8, 15, 22 & 29

Have you always wanted to try acrylic painting but have no drawing or painting experience? Then this class is for you. Elaine Schaffner, a certified “Art is 4 Every1”® instructor, will guide you through an acrylic painting of a subject of your choice. Along the way, you will learn about composition and color mixing as you begin to hone your artist’s eye and develop new skills with the tools of painting.

**Cost: (\$64 m/\$80 nm) + \$20 materials fee**

**Elaine M. Schaffner is a professional oil and watercolor painter. She is certified in the specialized “Art is 4 Every1®” method of teaching which allows students with no previous drawing or painting experience to complete an acrylic painting of a subject of their choice in just a few short weeks. She is a former state of Massachusetts Visual Art Educator and a lifelong artist who is passionate about sharing her love of painting and drawing with all.**



### THE LAND OF 10,000 THEATRES, REVISITED Tues. Sept 22 & 29 1-3 p

“Back by Popular Demand!” From the Big Guthrie on the river to the renowned Penumbra, there are many theatres in our state/region. What makes this state so creatively and artistically exciting? Is it the air we breathe, the water we drink, our challenging weather, or our Scandinavian roots; or all of the above? Are there answers or only questions? Join Sylvia Langworthy as we explore our State’s resources and our cultural riches. The first session will look at how it all began, and the second will address what is happening now.

**Cost: \$6**

### SCOPE COMMUNITY HISTORY WRITING PROJECT

Tues. Sept 22,  
10:30-11:30

Orlo Otteson will present a program about the SCOPE program (Student Community Outreach Program Experience), a Middle School activities program in cooperation with the Northfield Historical Society. For the past four years, four groups of talented eighth graders participated in the development of a one-volume history of Northfield. The students were assisted by Carleton College interns and Orlo Otteson, a community volunteer and a writer/editor. The book is now nearing completion and will be published by the Historical Society.

**“The brain is like a muscle. Use it, and it grows stronger, but let it idle, and it’ll grow flabby.”**

**- Gene D. Cohen, The Mature Mind**



**OWLS LEARN AND LUNCH**  
Wed. Sept. 9, 10:30-11:30a

Goats on the Go! Jake Langeslag will discuss how his goats are used for land management and removal of invasive species.

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

**Cost: \$6**



**NATIONAL FARMER'S  
BANK AND STATE  
SCHOOL ORPHANAGE  
MUSEUM  
OWATONNA, MINNESOTA**  
Thurs, Sept 24  
9:30A - 4:30P

Steele County has two national historical sites in Owatonna: the bank, designed by Louis Sullivan, and Minnesota's only state-run orphanage. National Farmer's Bank is one of the premier pieces of "Prairie School Architecture" in America. Guided tours will be offered at both buildings which are listed on the National Register of Historic Places. We can make a short stop to visit Costas Candies before we continue for lunch at The Kernel Restaurant. Lunch will be on your own.

**Cost: \$39**  
**Sign up deadline:**  
**Sept. 18**



**CEMETERY STORIES  
NORTHFIELD HISTORY  
SOCIETY**  
Sat. Oct. 10  
5:00-7:00P

Mark your calendar so you remember to join us for this annual event sponsored by the Northfield Historical Society which takes place this year at Oaklawn Cemetery. We'll see and hear lively ghost characters tell us about their importance and impact to Northfield. We'll take a school bus from the Senior Center and return for a special program as well as coffee and cookies.

**Cost: \$10**  
**Sign up deadline:**  
**Sept. 30**

**"GLENSHEEN"  
MINNESOTA HISTORY  
THEATRE, ST PAUL**  
Thurs. Oct. 15  
8:45A- 3:00P

This production is about a murder which occurred at the great Glensheen Mansion on Lake Superior in Duluth! The story is most intriguing, the nature of the investigation is complex and the suspects exhibit some rather bizarre behavior. Glensheen is a musical mystery thriller with a satirical edge. After the show we'll have lunch at the Granite City Brewery in Eagan. Lunch is on your own.

**Cost: \$51**  
**Sign up deadline:**  
**Sept. 9**



**OVERNIGHT IN DULUTH**  
Fri/Sat, Dec. 11 -12  
Time:TBA

What a wonderful way to celebrate the holidays – a full-filled trip to Duluth! On the way up there's coffee and a tour of the historic Grant House at Rush City; Lunch on your own at Tycoons in Duluth and tour of the old city jail; box dinner and walking tour of the Bentleyville Christmas Lights; the Manhattan Nutcracker ballet; Overnight stay and breakfast at Barker's Island Inn; Christmas Tea and tour of Fairlawn Mansion Museum; and coffee and snack on your own at Everyday Joe Coffee in North Branch.

Cost depends on the number of people sharing a room. For more information please ask for a brochure at the front desk.

**Cost:**  
**Varies from**  
**\$202 (with 4 to a**  
**room) -**  
**\$280 (for a single**  
**room)**

**Sign up deadline:**  
**Sept. 17**

**TRAVEL  
NEWS**

Our tours depart from and return to the Senior Center. Please register as early as possible to avoid disappointment. Cancellations on or before the sign-up deadline receive a full refund. Cancellations after that date receive a full refund **IF a replacement can be found.**

**FUTURE TRIPS!**

**Holiday Lunch at the  
King's Room,  
St Olaf College  
TBA Nov/Dec**

**A Chorus Line,  
Ordway Theatre  
TBA Feb 2016**

**Fiddler on the Roof,  
Bloomington Civic  
Theater  
TBA Apr 2016**

**Cirque de la Symphone  
at Orchestra Hall  
TBA May 2016**

**Calendar Girls, Park  
Square Theater  
TBA June 2016**

**South Pacific, Guthrie  
Theater  
TBA Aug 2016**

# Minutes of the July 23 Board Meeting

## BOARD OF DIRECTORS

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

**Absent:** Bob Craig

**Staff present:** Lynne Pederson, Patsy Dew

**Others:** Michelle Remold

### CALL TO ORDER

The meeting was called to order by Gerry Gengenbach at 3:09 pm

Action: Agenda and take Jackie Johnson off the board minutes and add Bob Craig to Directors Present.

### REPORTS

#### Review and approval of Financial Reports

Bill Gruszewski presented the Financial Reports. Not much changed with the assets in the month. Income is only 48% of the budget and expenses make up 49% of the budget. Income might be trailing due to starting the Fund Drive later because of the Fitness Forward

Campaign. Used A Bit sales are very similar to last year. Popcorn Wagon sales in June were ahead of sales last June and income is more than it was last year. The Endowment Fund is similar to where it was last quarter. Assets have not changed very much. YDT return is 0.9%.

#### Finance Committee

Bill Gruszewski presented. The Fitness Forward Campaign raised \$101,000 which was \$10,000 over the goal for the campaign.

#### Facilities Committee

Marv Kormann reported. Bluewater's summary stated there will be a new tankless water heater in the kitchen and there will be one for the showers as well. Water stained ceiling tiles have been replaced and the benches in the women's locker room have new tops. There will also be handicap door installed in the Fitness Studio, Women's Locker Room, and public restrooms in the hall. The pool is not going to be cleaned and there was a grant received to purchase wireless mics for performances. There are room darkening shades being ordered for the link.

#### Membership Committee

Nancy Ashmore reported. The garden tour was successful. The marketing project is being worked on. Betsy

Spethmann is going to be the new director of community relations at the Northfield Hospital. The task of new signage is back on track and we are hopeful that we will have answers regarding this soon.

#### Advancement Committee

Dan Van Tassel reported. Discussed feedback on the Annual Fund Drive Kick-off. The Volunteer/Donor Appreciation event is set.

#### Executive Director Report

Lynne Pederson reported. Some members asked us to start an "I'm Okay Program." We are looking at writing procedures and helping get something like this started for them. The Executive Committee decided to continue a 401k with a different company. A motion was made to see we can cut a check for the transfer fee and if not remember the staff. The motion was seconded and carried. Another service we have been looking at Vial of Life program. We are going to collaborate with the Northfield EMTs and will have the kits available. There was a meeting with the Rochester Senior Center and their center will be attached to a Recreation Center, though they will be adding a warm water pool and are hoping to open their center up more for community use.

### OLD BUSINESS

#### Celebrate Northfield

Will not be happening this year, but it will hopefully be happening in June of 2016.

#### Donor/Volunteer Recognition

The date has been moved due to a home football game on the original date. It is now Sept. 25.

### NEW BUSINESS

#### Patio

The gardeners have asked for a longer gutter and down spout so that rain doesn't wash away the gardens. Jay thought that he would be able to install it.

#### August Board Meeting

There was a motion to not have an August Board Meeting. It was seconded. There was an amendment that the board meet if there is an emergency that needs to be addressed. The amendment was seconded. The motion of not meeting in August was passed with the amendment.

### ADJOURNMENT

The meeting adjourned at 3:59pm.



**2015 SEPTEMBER MOVIES**

**September 7: Labor Day: No Movie**

**September 14: Woman in Gold:** Staring: Hellen Mirren and Ryan Reynolds;

**September 21: The Second Best Exotic Marigold Hotel:** Staring: Judi Dench, Maggie Smith, Bill Nighy, Dev Patel, and Richard Gere

**September 28: 5 Flights Up:** Staring: Morgan Freeman and Diane Keaton;

**BOOK CLUB**

2nd Friday of every month at 10:30a

September's Book: THE SPIRAL STAIRCASE by Karen Armstrong

All are welcome

**GROUP ACTIVITIES**

**VINTAGE BAND FESTIVAL COOPERATIVE PROGRAMMING**

We are pleased to work with the Vintage Band Festival Organization to provide a venue for their wonderful programming for this fall. Each program is \$3. Coffee and cookies are provided for each program.

**THE STORY OF BRASS BANDS IN AMERICA**

Sept. 28, 7p at the Senior Center

Paul Maybery of St. Paul, music historian, arranger and conductor as well as a tuba player is our inaugural speaker. He is well known for finding brass band music from the 19th century and arranging it for bands to perform today. He arranged the music for Ken Burns' television series on the Civil War and on baseball. Paul will bring rare 19th century brass band instruments, photographs and recordings to present a program on the Story of Brass Bands in America.

**TROUBADORS- COME JOIN US**

The Northfield Troubadors male chorus will have their first practice on Thursday, September 17 at 12:30pm at the Bethel Lutheran Church. New members are welcome! You do not have to be a senior to join the Troubadors. The Troubadors perform for a variety of groups in Northfield and the surrounding area. If you have any questions contact Russ Margulies 645-7201 or Phil Peterson 645-8183.

**WEEKLY UPDATES**

Are you receiving the weekly emailed updates with information about the Center? They are sent out every Monday afternoon, so should be in your email by Monday evening. We know that many people with charter.net addresses are not receiving these. You may call your Charter rep to see if the spam filter settings can be changed, or you may give us a different email address. (Just send that to [patsydew@nscmn.org](mailto:patsydew@nscmn.org))

**NEWS**

**JOB OPENING - POPCORN WAGON COORDINATOR**

Part-time, approximately 100 hours during the summer months. Oversee the operations of the Popcorn Wagon, maintain supplies, recruit, train, and work closely with volunteers. Applications available at the Center or online.

**JOB OPENING - USED A BIT SHOPPE ASSISTANT MANAGER**

20 hours per week Thursday - Saturday. Responsibilities include assisting in daily operations, customer service skills, energetic, team player. Must be able to lift and move furniture. Applications available at the Shoope or the Center.

## DONORS

### Thank you to these July Donors

Karen Achberger, Berit Anfinson, David & Joey Appleyard, Solveig Bailey, Lois Bakko, Robert & Teresa Ballentine, Dianne Barrett, Phil & Marlene Bauman, William Beery, Helen Berwald, Clayton & Linda Bliese, Sue Blodgett, Armand & Judith Boehme, Edgar & Eve Bornhauser, Marilyn Boschee, Arliss Boyum, Judy Broske, Warren & Karen Broughton, Mary Brown, Darlene Callister, William & Charlotte Carlson, Clark & Lois Cary, Ron Cirksena, Evonne Clay, Tom DeWolfe & Eileen Cooper, Bill & Laurie Cowles, Joanne Dahlin, Bart & Susan de Malignon, Doris Welke & Richard DeBeau, Orrin DeLong, Judith Dirks, Winnie Drentlaw, Sandra Drentlaw, Larry & JoAnn Edwardsen, Chris Ellison, Kenneth & Linnea Erickson, James Estrem, James Finholt, Alene Fink, Constance Finnern, Gerry & Carol Gengenbach, Diane Genova, Marie Gery, Malcolm & Jacquelyn Gimse, Doris Glander, Gilmore & Elaine Granat, Bonnie Gretz, Kenneth Grisim, Lester Gunderson, Patricia Gunderson, Bud & Joan Gustafson, Evangline Hall, Maxine Halverson, Beverly Hamblin, Paul & Barbara Hanson, George & Gretchen Hardgrove, Shirley Herreid, Don & Marilyn Hill, Kathy Holter, Glenda Holz, Carmen Hussey, Doug & Sue Ims, Muriel Inouye, Joseph & Jeanette Iverson, Steve & Joan Janusz, Georgene Johnson, Jackie Johnson, Richard Johnson, Judy Karlson, Tom & Karen Kempke, James Kessler, Nadine Kivens, Julie Klassen, Dick & JoAnn Kleber, Ken & Lee Klimisch, Sylvia Knutson, Karen Koester, Marv & Rose Kormann, Neidra Krebs, Bunny Lantz, Dean Larson, Don & Nancy Lehman, Kathleen Rice & Greg Loek, Beverly Lubbers, Beverly Lundeen, Robert Malecha, Alvina Marek, Katheryn Margolis, Richard & Donna Maus, Donna May, Anne Mayer, Tom & Mary McGovern, Susan McNamara, Derek & Carolyn Melby, Harriet Menard, Mary Jane Goertz & Ed Miller, Janet Mitchell, Alice Nasby, Willard Nauman, Arnold & Jeanette Nelson, Richard & Raymonde Noer, Sue Norsted, Mary Olander, Elizabeth Olson, Carolyn Olson, Laurel Pankow, Donna Paulsen, Robert Peasley, Charles & Lynne Pederson, Ken & Roberta Persons, Sandra Petrek, Margaret Prowe, Gordon & Emelda Rasmussen, Richard Rasmussen, Craig & Susan Redalen, Thomas & Helen Rockey, William & Judith Rohde, Richard Roth, Gerald Sackmaster, Eleanor Salisbury, Emily Schmitz, Jane Schroeder, Arland & Mary Schwake, Susan Sheridan, Eulalie Smestad, Bardwell & Charlotte Smith, Sid & Betty Sorbo, Lenora St. Martin, Margaret Stary, Robert & Rose Ann Steenhoek, Pat Sunquist, Chuck & Edie Thomas, Howard & Julie Thorsheim, Dale & Rose Turnacliff, Dan & Rhoda Van Tassel, Richard & Marlene Vanasek, Sharon Vangsness, Dale & Dian Vanguilder, Ted & Marge Vessey, Linda Wagenbach, Barbara Wagner, Elizabeth Williams, Pam Williams, Phil & Thelma Winter, Henry & Miriam Witman, Bill & Molly Woehrlin, Litao Zhang

## NEW MEMBERS

### Welcome to these new members

Gerri Farnsworth, Gary D Hutton, Barbara Litke-Norris, Lori Stoltz, Daniel Redmond Jr., Susan Aldorfer, John & Margaret Ernste, Nancy Jonsson, Julie Kretsch, Donna Orr, Sara Payne, Judy & Randall Prinzing, Gary Ryan, Julie Skluzacek, Ed & Katie Tetreault

## SILVER SNEAKERS CHANGE

Change in Silver Sneakers policy: No longer will they accept more than one time per day for your activity. Please still check in for everything you do, just be aware that only one time will count for the Senior Center's benefit.

### NSC STAFF DIRECTORY

**Director / 664-3701**  
Lynne Pederson

**Assistant Director / 664-3708**  
Patsy Dew

**Bookkeeper / 664-3705**  
Kathy Bjerke

**Membership Coordinator / 664-3704**  
Jackie Johnson

**Fitness Manager / 664-3702**  
Craig Swenson

**Program Coordinator / 664-3707**  
Chris Ellison

**Administrative Coordinator / 664-3703**  
Michelle Remold

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

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

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



# MEMORY CARE

We specialize in memory care at Three Links

*Stop in for a tour of The Cottages & Cottage on Forest*

Providing 24-hour supervision & companionship in a home-like setting, offering assistance and encouragement, in an environment that preserves dignity, respect and acceptance.

*We're here for you. Call (507) 664-8824*

*A Three Links community*

*www.threelinks.org*



## PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264



## Providing Quality Orthopaedic Care Since 1989

You've got a lot of living to do. Don't let worn joints or an injury stand in your way. We offer high-quality care in a comfortable setting, that's close to home.

- Hip Replacement
- Fracture Care
- Minimally Invasive Surgery
- Shoulder Surgeries
- Knee Replacement
- Sports Injuries



Robert Shepley, MD



Bradley Wille, MD



Clinton Muench, MD



Hans Bengtson, MD

Orthopaedic & Fracture Clinic



507-646-8900

www.NorthfieldHospital.org/OFC  
1381 Jefferson Road, Northfield

Offices in Northfield, Lakeville and Farmington

One way to support the Center

SHOP AT THE

**Used a Bit Shoppe!**

624 Water St. S

( In the River Park Mall )

Open Mon - Sat, 10am - 5pm,

Thurs, 10am - 7pm





# Northfield Senior Center

1651 Jefferson Parkway  
Northfield, MN 55057

<http://www.northfieldseniorcenter.org/>



This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.

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**Northfield Retirement Community**  
*Innovation. Choice. Tradition.*

## It's All Here!

Attractive setting, gorgeous spaces,  
access to premier care and services . . .

[northfieldretirement.org](http://northfieldretirement.org)



FRONT DESK: 507-664-3700

### CENTER LOBBY HOURS

Monday-Thursday: 7 am-8 pm  
Friday & Saturday: 7am-6 pm  
Sunday: 9 am-4 pm

### FITNESS CENTER & POOL HOURS

Monday-Thursday: 6 am-8 pm  
Friday & Saturday: 6am-6 pm  
Sunday: 9am - 4pm

### USED A BIT SHOPPE 507-645-1399

624 Water St. / River Mall  
Monday-Saturday: 10 am-5 pm  
Thursdays: 10 am-7 pm



*Hey! Donors and Volunteers*  
*You are invited to a party to thank you for your*  
*generous contributions to the*  
*Northfield Senior Center.*  
*Invitations are in the mail. Mark the date on*  
*your calendar, Friday, September 25, 5:30 to 7:30.*  
*More details on front cover.*