



Happy Retirement to Lynne!



By Lynne Pederson, Director

The Last Article ...



This is my last newsletter article. There is so much that I could say, and should say about the last 15 years. I have grown older here with all of you. I have had many mentors to embrace, admire, and that I will try to emulate when I am retired.

My biggest take-aways are from you, the members: to embrace every day with the attitude that "today is the day"; find a purpose in every day; work on a healthy lifestyle; have fun; enjoy retirement. **Thank you.**

Sure, there have been bumps along the way working through differences of opinions and understanding, but when there is a will, a good purpose for doing something, then there has always been a way, a solution, a resolution. When I was hired, I remember saying in the interview that this was "my job"- not that I deserved it, but that it was my niche. It has been. **Thank you.**

I am thankful to the various board members that I have worked with through the years, that have allowed me to be creative, to try new ideas, to never allow FiftyNorth to be stagnant, and to do what is best for FiftyNorth. To start the next program, discover the next idea, the next solution, the next best use of space, the next fun event. **Thank you.**

I have dressed up as a Pirate, an Italian chef, a Titanic waiter, a Queen Bee, a 50's Rock and Roller, played characters in the plays – the one I liked the best was the woman that liked her wine, and the Elf on the Shelf. All for the good of the cause. I have had the best staff to work with that have been right along side me to accomplish oh, so much. Has there been eye-rolling, thinking that she (me) is rambling again, standing back watching me dance

around the office cadenza to Sesame Street song " Put Down the Ducky If You Want to Play the Saxophone" playing from my computer speakers, the 3:00 staff meetings, and singing Happy Birthday my way? Yes. It is all apart of the fun that we have had, working together, getting through the drama of the day, knowing why we do what we do and feeling good about doing it. **Thank you.**

As a leader, I will walk out knowing that we did not accomplish all that we could have, but we gave it our all, 110% every day. This has been the best last job that I could ever hope to have had. FiftyNorth has changed, grown under the leadership of each director. Lasting working relationships with community partners are established. I know that this will continue into the next phase under the next director, Kerry Hjelmgren.

My hope for her is to have as good of experience as I have had while leading this organization into the next 15 years being embraced, and mentored by all of you. Thank you all for what I have received from each and every one of you.

PS: The RV is still not fixed, but the parts have shipped, so that there is hope. I am so hopeful that Charlie and I are planning to spend November through March in Florida in an RV park, in the RV, with each other, with very close neighbors, that will probably want us to play bingo and pickle ball. It is going to be an adventure. I hope I survive. **Retirement ... here I come!**

Onward and Upward. ~Lynne

INSIDE

- In the Gallery 2
- Lifelong Learning..... 3-6
- Art Class 6-7
- Fitness 8-10
- Travel..... 11-12
- AARP Smart Driving 13
- Volunteering 13
- Member News 14
- Book Club 14
- Movies 15
- New Groups 16
- Troubadours 16
- New Executive Director 17
- Donors..... 18



BLUFF COUNTRY OVERNIGHT
Monday, Tuesday
October 17 & 18

CHECK OUT ALL THE TRIPS ON PAGE 11 & 12!

HAPPY LABOR DAY!
CLOSED SEPT. 5





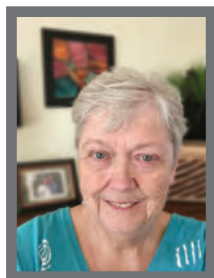
On Display In The Gallery

GALLERY EXHIBIT IN SEPTEMBER:

Pat Jorstad – Mixed Media Artwork

Dina Fesler – Fashion Designer

September 1 – October 14



Pat Jorstad - ARTIST STATEMENT

Pat Jorstad is a mixed media artist. She makes use of various art materials such as acrylics, watercolors, paper clay, and inks, often in combination with vintage papers, beads, and ephemera to create her art. Much of her work is done in her handmade art journals but she enjoys working on canvas and watercolor paper also. Collage is one of her favorite art forms. Pat is endlessly seeking out new techniques and media, always finding an excuse to add to her art supply stash. She both takes classes and teaches classes at FiftyNorth.



Dresses made from recycled items.

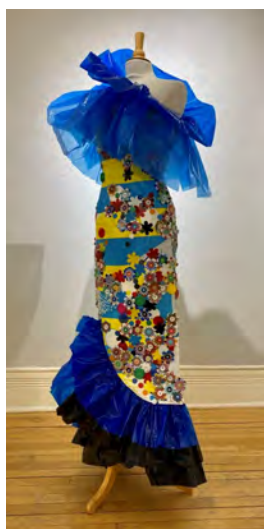
Dina Fesler - ARTIST STATEMENT

Overwhelmed by my paradoxical life of convenience, I try to eliminate plastic consumption wherever possible. But with the trash that continues to creep into my home I decided to create artwork as a therapeutic way to delay the inevitable.

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. Each piece is both satisfying and depressing. It is my hope that this exhibit inspires humans to demand more for our world.

Dina Fesler is a fashion designer and environmental activist who lives in the Northfield area.

Dina will be offering a class called 'ENVIRONMENTAL AWARENESS CAMPAIGN' on Wednesday, October 5 10:00-11:00am. (see page 4 for details)



ARTIST'S RECEPTION: Tuesday, Sept. 13th from 4-5:00pm in the Gallery



Lifelong Learning

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: FiftyNorth front desk



LIBRARY DIGITAL SERVICE DEMO - Learn how to get connected! Wednesday, September 21 10:30-11:30am

Steve and Tyler from the Northfield Public Library will be leading a hands on workshop showing you how to access the libraries digital services. eBooks, eAudiobooks, streaming music, movies, and TV, are all available for free for library card holders. Don't have a library card? They will also be signing people up for library cards on location! They will help install library applications on your personal devices, and show you how to use the services to access everything the library has to offer. Please remember to charge your device and to bring your email address and password with you. If you are using an iPad or iPhone, bring your appleID and password.

Presenter: Northfield Public Library

Capacity: 25

Cost: Free

Space: Room 103



CPR AND FIRST AID Tuesday, September 27 9:00am-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



Sharing our travels... Antarctica, Falkland Islands, South George Island



SHARING TRAVELS: ANTARCTICA, FALKLAND ISLANDS AND SOUTH GEORGIA Wednesday, September 28 10:30-11:30am

Mark and Bev Lenci will share their recent National Geographic Antarctic, Falkland Islands, South Georgia Expedition Cruise. Traveling with a team of scientists for three weeks, aboard the National Geographic Resolution, they encounter this otherworldly place close-up, gliding around enormous tabular icebergs by Zodiac or kayak, and walking along beaches peppered with penguins and seals. They traveled alongside a team of biologists, geologists, and undersea specialists who offered insights and presentations throughout the trip. They observed a range of penguin and whale species, as well as seals and seabirds, and photographed them alongside the onboard photo instructor and National Geographic photographer. They traced the riveting story of Shackleton's fateful expedition on South Georgia, was immersed in a sea of black and white amid thousands of king penguins, learned about the pioneer outposts of Port Stanley in the Falklands (Islas Malvinas) and the former military base of Port Lockroy in Antarctica.

The presentation will include the viewing of a 35-minute video that was created during their trip by National Geographic photographers – time for Q&A following.

Presenters: Patty Ciernia, program coordinator at FiftyNorth invited her brother Mark and sister-in-law Bev to share their recent trip while visiting Northfield. Mark is a retired Navy nuclear submarine Captain.

Capacity: 25

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

Space: Room 103



Lifelong Learning

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: FiftyNorth front desk

UKULELE FOR NON-DUMMIES!

Tuesdays, October 4, 11, 18, 25,

November 1, 8, 15, 22

4:00-4:45pm

Have you always wanted to learn to play the ukulele? Then this is the class for you! We will begin by covering basic playing techniques, including tuning, chording, strumming and finger picking patterns. Then we will move on to playing well-known folk, popular, and rock songs. Most people do not realize what lovely music this beautiful Hawaiian instrument is capable of creating. The goal is to give you a foundation to take off and keep learning on your own.

Bring your own ukulele and prepare to wow and amaze your friends!
(8 sessions)

Instructor: Randy Ferguson

Capacity: max 8, min 6

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

Space: Room 103



Instructor:
Randy Ferguson

chording in different keys, strumming and finger picking, as well as a few famous lead guitar riffs, (you will be surprised at how simple some of these are). We will also be playing several songs in different styles, such as folk, pop, and rock. In addition, we will discuss several different types of guitars and techniques of playing. The goal is to give you a foundation to take off and keep learning on your own.

Bring your own guitar for a fun filled Fall of music!
(8 sessions)

Instructor: Randy Ferguson

Capacity: max 8, min 6

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

Space: Room 103

FINGER STYLE UKULELE

Tuesdays, October 4, 11, 18, 25,

November 1, 8, 15, 22

6:00-6:40pm

The ukulele is a wonderful instrument that can do so much more than play chords and accompany singing. In this class, you will learn how to use finger picking to play solos on the uke, starting with simple melodies, combining them with the chords and ending up with delightful musical pieces. We will learn

several arrangements, including folk songs, blues, (simple, but impressive), as well as Christmas carols for the holiday season! An ability to play several chords is required, (but don't let that scare you).

Bring your own ukulele and prepare to expand your ukulele horizons!
(8 sessions)

Instructor: Randy Ferguson

Capacity: max 8, min 6

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

Space: Room 103

INTRODUCTION (OR RETURN) TO THE GUITAR

Tuesdays, October 4, 11, 18, 25,

November 1, 8, 15, 22

5:00-5:45pm

If you have always wanted to play the guitar, (or would like to return to it after a few decades), this is for you! By the time this class is finished, you will have become an accomplished folk singer or rock star, (at least in your own mind)! In this introductory class, you will learn basic guitar techniques, including

ENVIRONMENTAL AWARENESS CAMPAIGN

Wednesday, October 5

10:00-11:00am

In 2016, I was walking along an oceanfront beach when I saw a tree being strangled by plastic—literally choked by discarded bags and bottles. The sight of it changed my life. The vast majority of plastic trash that wasn't caught in the trees had already blown into the ocean.

Beyond my obvious disgust, I found this sight an ironic symbol of the plastic phenomenon that has evolved over the course of my own lifetime of convenience. Single-use plastics entered the consumer scene in the mid-1960s as a modern convenience. Since that time, plastic bags, bottles, packaging, cups,

continued p.5



ENVIRONMENTAL AWARENESS CAMPAIGN-CONT

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.

Overwhelmed by my paradoxical life of convenience, I try to eliminate plastic consumption wherever possible. But with the trash that continues to creep into my home I decided to create artwork as a therapeutic way to delay the inevitable.

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. Each piece is both satisfying and depressing. It is my hope that this exhibit inspires humans to demand more for our world.

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.



SEPTEMBER CLASSES

ALL SENIOR LEARNING CLASSES:

1:00-2:00pm

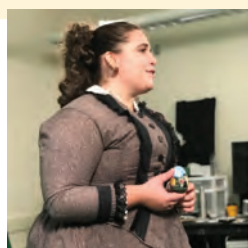
Presenter: Senior Learning Network

Capacity: 15

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

Space: 103

Senior Learning Network programs are viewed via zoom in room 103. There are 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 - WITNESS HISTORY WITH MYSTIC SEAPORT MUSEUM: Russian Immigrant Inna Belova
Tuesday, September 6**

Mystic is a Senior Learning Network favorite, and we are excited to be back with them for another unique program!

This time we will meet one of the Museum role players who specializes in bringing her character to life and transporting people back to the 1800s. Inna Belova, a Russian immigrant in New London, by way of Alaska, shares entertaining personal travel and other stories and engages the participants through show and tell and gets folks moving with a little Russian dancing. We will also have a chance to speak with the educator out of character to learn how she created their character using primary and secondary sources.



**SLN - MIDWEST ARCHEOLOGICAL CENTER
Tuesday, September 13**

Tour through Time: Exploring History through Artifacts
The Midwest Archeological Center is dedicated to the study, interpretation and preservation of archeological resources within the National Park System, taking care of archeological collections from national parks. We conduct research on sites ranging from 10,000-year-old American Indian campsites to the garbage in Abraham Lincoln's backyard. Join us as we take a tour of stories of the human past and learn how we care for artifacts!



SLN
Senior Learning Network

Senior Learning Network -cont. p5



SLN - ABRAHAM LINCOLN BIRTHPLACE NATIONAL PARK

Tuesday, September 20

"Give me a child until he is 7, and I will show you the man."
-Aristotle

The Abraham Lincoln Birthplace National Historical Park located in Hodgenville, Kentucky is home to the Sinking Spring Farm, also known as the birthplace of our 16th President Abraham Lincoln. The park is made up of 2 units: The Birthplace Unit and the Boyhood Home Unit at Knob Creek. It was here on these 2 farms, that Abraham Lincoln spent the first 7 years of his life. His Kentucky roots would have a lasting impact on the boy, who would later become President. Join Stacy Humphreys, the park's Chief of Interpretation and Resource Management as we explore Lincoln's Kentucky roots.



SLN - CASA GRANDE RUINS NATIONAL MONUMENT

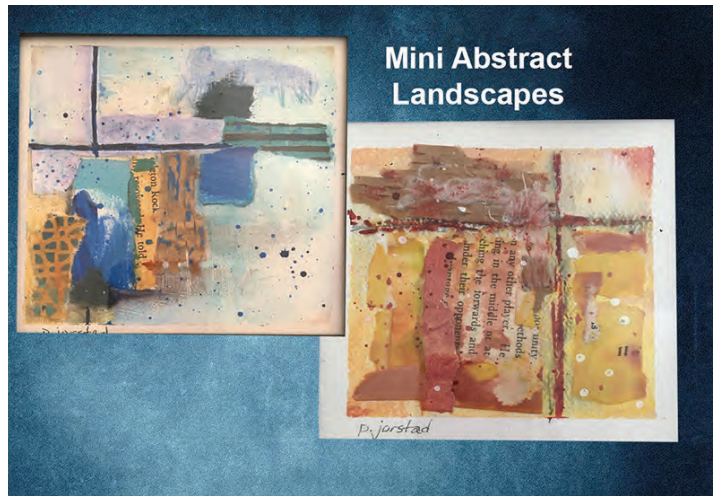
Tuesday, September 27

The building of the Casa Grande was a major event of the Classic Period (1100 – 1450 C.E.). The best dating methods available indicate that this large, caliche structure was built during the 1300's. The construction appears to have been well planned and organized, requiring tons of material and a huge cooperative effort on the part of many people. Today we can only marvel at the Casa Grande and try to imagine what it was used for. Though many theories have been suggested, we still aren't sure as to its purpose. All we can assume is that the Casa Grande must have been very important to the people who built it. Join us as we learn about this fascinating mystery in Arizona!



Art

Please pre-register for all classes:
By Phone: 507-664-3700
Online: www.FiftyNorth.org/classes
In Person: FiftyNorth front desk



MINI ABSTRACT LANDSCAPES

Thursday, September 22
9:00-12:00pm

In this class, you'll create a series of 3 mini abstract landscapes (5" by 5") combining collage with acrylics. Search for your inspiration in the things that you have in your art, craft or sewing stash. It can be papers, fabrics, fibers, ribbons, buttons – anything that catches your eye and makes you smile. If you're not "feeling it", browse through magazines or on Pinterest noticing images that make you pause. Make a note of what attracts you. Is it the color, the texture, the subject, the mood? We'll try to capture that in your collages.

We'll talk about how you can use an inspiration journal or a mood board to plan your art projects and, hopefully, you'll start to find your style. This class is not about going outside of your comfort zone. It is about discovering your "creative fingerprint" and doing what comes naturally. This is a class for people of all skill levels. No experience is needed – just come prepared to play!

PLEASE BRING:

Your inspiration pieces like papers (vintage book and music, painted, tissue, cardboard, etc.) fabric scraps, fibers, ribbons, threads, buttons, tea bags, paper doilies, lace, feathers, etc. These are "mini" sized so your inspiration pieces can be small.

We won't be getting too messy but an apron is always handy. All other materials are provided.

Presenter: Pat Jorstad

Capacity: 10

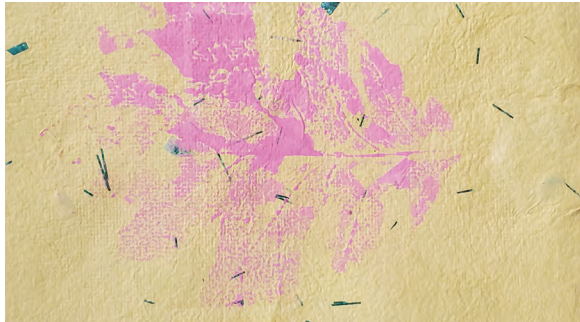
Cost: \$35 nonmbr, \$25 mbr, \$15 platinum

Space: Room 102



Art

Please pre-register for all classes:
 By Phone: 507-664-3700
 Online: www.FiftyNorth.org/classes
 In Person: FiftyNorth front desk



PAPERMAKING Monday, September 26 9:00-11:00am

Learn the easy step-by-step process in making your own beautiful and unique hand-made paper. Play, create and collaborate alongside Epic Enterprise Arts Learners and Epic's Art Instructor; who will teach you how to make your own paper to take home with you from class. After learning the process you will be able to make paper yourself with just the use of blender! Join us for a fun-filled morning, and you will discover how much you love hand-made paper too! Materials Provided.

Presenter: EPIC Art Instructor
Capacity: 10
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Room 105



SONGWRITING CLASS - The Elements of Song Structure Wednesday, Thursday September 14 & 15 (2 sessions) 10:30-12:00pm

Every song tells a story. This can be as simple or as detailed as the songwriter wants it to be. Both the music and the words of a song help to tell the story. A song's structure helps to organize these ideas, and the way in which they're expressed to the song's audience. This class will cover the elements of song structure – melody, lyrics and accompaniment.

Sam Daly bio: Sam Daly grew up listening to Irish Pub and Folk groups like the Dubliners, The Clancy Brothers, and the Irish Rovers. I'm the youngest of ten kids and a late baby-boomer having been born in 1964. The hippie, vocally based, folk groups of the era were, and are still, my favorites like Crosby, Stills, and Nash, the Drifters, Mamas and the Pappas, Peter, Paul, and Mary, John Denver, James Taylor, Dan Fogelberg and many others. I have played in many bands and solo gigs. Today I primarily write country/folk gospel music. I have written over 100 songs and some of them I actually like.

Writing helps me say what I otherwise have trouble saying, helps make sense of life, it feels good, It is therapy.

Presenter: Sam Daly
Capacity: 10
Cost: \$27 nonmbr, \$21 mbr, \$0 plat
Space: Room 104



PAINT YOUR PET 2.0 Monday, Tuesday October 10 & 11 (2 sessions) 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 two days prior to class starting. Wear clothes that can get paint on them. Materials provided.

Instructor: Julie Fakler
Capacity: 10
Cost: \$35 nonmbr, \$25 mbr, \$15 platinum
Space: Room 105



Fitness Changes Beginning September 6

TIME AND DAY CHANGES



NOW 3 TIMES PER WEEK:

Tia Chi Standing (3:15-3:45pm)

Tia Chi Chair (4-4:30pm)

Mondays, Wednesdays, Fridays
(Fitness Studio)

TUESDAYS

Cancelled - Express Strength 6:15am
(ZOOM and In-person)

Cancelled - Step Intervals 7am
(ZOOM and in-person)

NEW Adding - Cardio & Strength Intervals 6:10-6:50
(ZOOM and in-person)

WEDNESDAYS

NEW Adding - Step Intervals 6:10-6:50am
(ZOOM and in-person)

THURSDAYS

NEW TIME - Express Strength 6:10-6:40am
(ZOOM and In-person)

Cancelled - Kickboxing and Strength 7-7:45am
(ZOOM and In-person)

2022 IN-PERSON LAND BASED FITNESS CLASSES (updated September 6)

	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						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	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	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)		
1:30 PM						
2:00 PM						
2:30 PM						
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		SILVER SNEAKERS STRENGTH (4:30-5:15)				
5:00 PM						
5:30 PM		INTERMEDIATE YOGA (5:30-6:30)	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE	
6:00 PM	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



New Fitness Group



CORNHOLE Wednesdays in September 1:00-3:00pm

Cornhole is a lawn game that is popular in North America in which players or teams take turns

throwing fabric bean bags at a raised, angled board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board or putting a bag through the hole. FiftyNorth's Cornhole set will be available every Wednesday from 1 to 3 pm to play in the FiftyNorth Courtyard.

Fitness Group Fees Apply

Leader: Craig Swenson

Capacity: 10

Space: Courtyard



Pickleball Skills Class



ENHANCE YOUR PICKLEBALL SKILLS Monday, September 12 8:00-10:00am

Bruce Hamilton will instruct you on the rules and regulations of

pickleball. With Bruce's experience and expertise learn ways to hone in on your serves, shots, coordination, and communication with your partner when playing doubles. Join us at the courts Tuesday for drills and skills session!

Instructor: Bruce Hamilton

Capacity: 24

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

Space: Room 104

2022 AQUA FITNESS (updated July 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



MN Senior Games!

Ten members of FiftyNorth table tennis participated in the 2022 Minnesota Senior Games at Mankato August 11-14. There were events in singles, doubles, and mixed doubles.

Individuals who received gold, silver, bronze, and 4th place in an age group are qualified to play in the 2023 National Senior Games at Pittsburgh.

Results

- Armand Boehme** – 4th in mixed doubles
- Judeen Brown** – Gold in singles, Gold in doubles and Gold in mixed doubles
- Nancy Carpenter** – Bronze in singles and 4th in an age group
- Tom Drucker**
- Vin Khanna** – Bronze in singles and Gold in doubles
- Honguan Lang** – Gold in singles Gold in doubles and Gold in mixed doubles.
- Neil Lutsky** – Gold in mixed doubles
- Russ Margulies** – Bronze in singles, Gold in doubles and Gold in mixed doubles
- Irene Montenegro** – Silver in singles Gold in doubles and Gold in mixed doubles
- Stu Sinykin** – Gold in singles, gold in doubles, Gold in mixed doubles



2022 VIRTUAL LAND BASED FITNESS CLASSES (updated September 6)

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						
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					YOGA BALANCE (1-2)	
1:30 PM						
4:00 PM						
4:30 PM		SILVER SNEAKERS STRENGTH (4:30-5:15)				
5:00 PM			CARDIO STRENGTH MIX (5-5:45)			
5:30 PM		INTERMEDIATE YOGA (5:30-6:30)				
6:00 PM						
6:30 PM						
7:00 PM						

INTENSITY KEY:

- PINK** – High Intensity
- BLUE** – Mid-range
- PURPLE** - Gentle





Travel News!

TRIP - COMO ZOO AND CONSERVATORY

Thursday, September 22

10:00-5:00pm

Enjoy the wonders of the Como Zoo and Conservatory in St Paul, MN. The zoo's exhibits of exotic animals include gorillas, giraffe, polar bears, sea lions, tigers, and orangutans just to name a few. Tropical Encounters exhibit will immerse you in the sights, sounds, and smells of a South American rainforest. The stunning conservatory gardens include seasonal flower shows, tropical gardens, orchids, ferns, bonsai and a world-renowned Japanese Garden. End your day with a late lunch at Brianno's Chart House in Lakeville. Lunch is NOT included in price.

Trip Leader: Norma Monroe **Capacity:** 30

Cost: \$56 **Registration deadline:** September 8



TRIP - BLUFF COUNTRY OVERNIGHT

Monday, October 17 – Tuesday, October 18

7:00am Monday to 7:00pm Tuesday

Monday:

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.

OR Trailhead Inn. This is a motel for those who prefer more privacy or quiet.

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 your choice

Lodging Choice additional Cost:

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

+\$87 each – Trailhead Inn (1 person per room) **OR**

+\$44 each – Trailhead Inn (2 people per room)

Total cost is determined by lodging choice.



Please register in-person
or by phone. 664-3700
Registration deadline:
September 29



continued p.12



Travel News! *cont. p.11*



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 Egan Outlet Mall with FiftyNorth. The Egan 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



history theatre

TRIP - 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

FiftyNorth Band Performance



FIFTYNORTH BAND CONCERT

The FiftyNorth Band will be in concert on Monday, September 12th at 4:00, on our patio.

Coffee and treats will follow the performance. In case of rain the concert will be moved indoors to room 103. Come and enjoy the music! Donations will be appreciated.



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, September 14
1:00-5:00pm

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



Used-A-Bit Shoppe

The Used a Bit Shoppe needs volunteers who can work 2 to 4 hours per week in all aspects of the Shoppe operation – as cashiers, as fix-it folk, as people checking new donations in, and more. Volunteers say, “This is a great place to be! It’s fun to help unloading the goodies that come in, and we’ve been having good sales, which is also fun.” All proceeds from the Shoppe go to support the operations of FiftyNorth. **To volunteer contact Shoppe Manager Dolores Kornkven, 507-645-1399.**

SAVE THE DATE - MEDICARE 101

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 how to make choices for supplement parts C and D. Pre-registration is required.

Instructor: Jerry Roberts
Capacity: 24 max, 10 min.
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum



Member News



FiftyNorth is closed Monday, September 5.



STORY PARTNER PROGRAM - St Olaf Social Work Students

Goals and Expectations: Junior social work students are paired with an older adult from the FiftyNorth. Students practice engagement, listening and generalist skills that they'll use in social work practice while building relationships with older adults. Older adults build a relationship with college-aged students and are expected to share life stories and experiences as able and willing during the sessions.

8-10 Volunteers Needed: We have 14 students this year, some of them will be partnered with Northfield Retirement Center and rest from FiftyNorth volunteers.

Number of sessions: at least 6 sessions between mid-Sept and mid-November (more are encouraged if both participants are able and willing)

Location: in-person preferred. Zoom as needed/requested.

Length of each session: 30-60 minutes. Pairs may meet at FiftyNorth, on the St Olaf campus, or at an agreed upon local spot.

For FiftyNorth volunteers who prefer virtual meetings (via Zoom or Google Hangouts), please have your own device (computer, laptop, tablet, or phone), working email and be comfortable using an online video conferencing tool.

MEET YOUR STUDENT STORY PARTNER

Thursday, Sept 15th from approx 2:30-3:15pm. The purpose would be for students to see where FiftyNorth is, get a small tour, learn about the programming and possibly briefly meet their partner in person for the last 10 minutes or so (if their partner is available that day/time). Our class time that day is from 2:15-3:35, so I'd need to get them all back on campus by 3:35 at the latest.

HOW TO SIGN UP: Register your name and email at the FiftyNorth reception desk sign-up sheet or call the front desk: (507) 664-3700



Book Club

The Book Club meets the 2nd Friday of the month at 10:30. Meetings are in room 102 and also may request Zoom option. Questions: call Katherine Collman at (507) 645-1357.

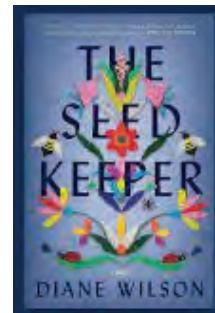


SEPTEMBER

THE HATE U GIVE

– by Angie Thomas

Sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed. New York Times bestselling, award-winning debut inspired by the Black Lives Matter movement.

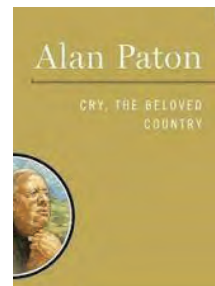


OCTOBER

THE SEED KEEPER

– by Diane Wilson

A haunting novel spanning several generations, *The Seed Keeper* follows a Dakhóta family's struggle to preserve their way of life, and their sacrifices to protect what matters most.



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.



Movie Fridays in September!

MOVIES
START
AT
1:00PM



Enjoy movies together on the big screen at FiftyNorth, room 105.

1\$ donation is recommended.



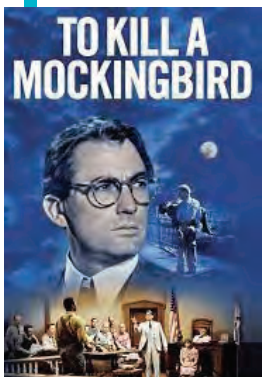
SEPTEMBER 2

THELMA & LOUISE

1991 129 mins.

Thelma and Louise is an exhilarating, full-throttle adventure hailed as one of the best road movies of all time! Susan Sarandon and Geena Davis star as accidental outlaws on a desperate flight across the Southwest after a tragic incident at a roadside bar. With a determined detective on their trail, a sweet-talking hitchhiker (Brad Pitt) in their path and a string

of crimes in their wake, their journey alternates between hilarious, high-speed thrill-ride and empowering personal odyssey...even as the law closes in.



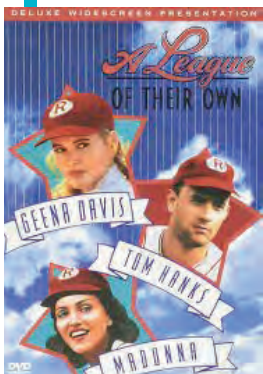
SEPTEMBER 9

TO KILL A MOCKINGBIRD

1962 130 mins.

Screen legend Gregory Peck stars as courageous Southern lawyer Atticus Finch—the Academy Award-winning performance hailed by the AFI as the Greatest Movie Hero of all time. Based on Harper Lee's Pulitzer Prize-winning novel about innocence, strength and conviction and nominated for 8 Academy Awards, this beloved classic is now fully restored for optimum

picture and sound quality. Watch it and remember why "it's a sin to kill a mockingbird." 3 Academy Awards including Best Actor



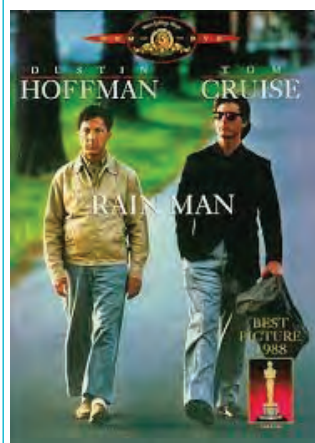
SEPTEMBER 16

A League of Their Own

1997 127 min.

A real comedy! Tom Hanks, Geena Davis, and Madonna star in this major-league comedy. Hanks stars as Jimmy Dugan, a washed-up ballplayer whose big-league days are over. Hired to coach in the All-American Girls Baseball League of 1943, while the male

pros are at war, Dugan finds himself drawn back into the game by the heart and heroics of his all-girl team. Jon Lovitz adds a scene-stealing cameo as the sarcastic scout who recruits Dottie Hinson (Geena Davis), the baseball dolly with a Babe Ruth swing. Teammates Madonna, Lori Petty and Rosie O'Donnell round out the roster, taking the team to the World Series. Based on the true story of the pioneering women who blazed the trail, on the fields and off, for generations of athletes. Penny Marshall's popular 1992 comedy sheds light on a little-known chapter of American sports history with its story of a struggling team in the All-American Girls Professional Baseball League.



SEPTEMBER 23

RAIN MAN

1988 134 mins.

When Charlie Babbitt goes home to the Midwest for his estranged father's funeral, he learns not only that he's been cut out of his inheritance, but that he has a grown brother, Raymond, who has been sheltered almost all of his life in an East Coast institution for the developmentally disabled.



SEPTEMBER 30

Two Mules For Sister Sara

2003 115

Clint Eastwood is a hard-hitting high plains drifter who rides into town and single-handedly rescues a local nun (Shirley MacLaine) from a gang of attackers. After meeting a band of Mexican revolutionaries bent on resisting the French occupation of Mexico, the cowboy and Sister Sara decide to join forces with the freedom fighters and set off on a deadly mission to capture the enemy's

garrison. But along the way, a steamy romance develops between them when the soft-spoken hero discovers the nun is not what she seems. Ending with a violent climax at the well-protected fort, this action-packed western classic cemented Eastwood's status as a true cinematic superstar!



New Groups!



AMERICAN MAHJONGG

Fridays from 1-4pm

Room 106

\$1 Group Fees apply

Mahjongg is a game in which players collect combinations of tiles in order to create a winning hand. All levels of players are welcome! Instruction provided if needed.



TROUBADOURS MEN'S CHOIR PRACTICE

(begins September 20)

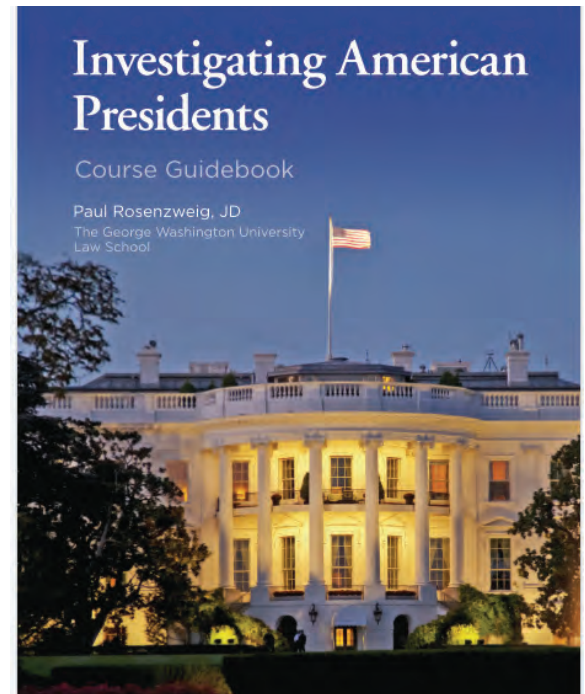
Tuesdays, 9:30-11:30am

The Troubadours are a men's singing group consisting primarily, but not exclusively, of retired men. It has operated continuously in Northfield for over 30 years, although its roots go back to a Northfield men's chorus started in the 1950s. They perform at retirement homes, service clubs, community events, and at other venues throughout the area. They sing a wide variety of music, including classic folk songs, show tunes, rag time, early rock and roll, and religious songs. Their goal is to create an uplifting musical experience. Call John with questions - (608) 692-3123

Group Leader: John Robison

Cost: \$20 Annually

Space: Room 103



FIFTYNORTH HISTORY GROUP

Fridays from 10:30-12:00pm

(starting September 16)

The History Group will meet every Friday from 10:30-12:00 in room 106. The volunteer-led group will first view and discuss The Great Courses; "Investigating American Presidents". Each 30-minute video lecture will be followed by a facilitated discussion. The first series will run for 10 weeks. Come for all or drop in when you can.

Investigating American Presidents

Join an acclaimed law professor, Paul Rosenzweig, for a timely, nonpartisan look at what happens when U.S. presidents are accused of abusing their power.

Overview:

What limits are there-if any-on presidential power? How do we keep such power in check? In the 12 timely lectures of Investigating American Presidents, Paul Rosenzweig of The George Washington University School of Law guides you through the ins and outs of presidential investigations, using past scandals and controversies as a lens through which to make sense of current (and future) ones.

Group Leader: volunteers

Cost: \$10 lecture series or
\$1 donation per 'drop-in'

Space: Room 106



ANNOUNCING OUR NEW EXECUTIVE DIRECTOR, Kerry Gervais Hjelmgren



FiftyNorth’s board of directors is pleased to announce that it has named Kerry Gervais Hjelmgren as its new Executive Director.

Ms. Hjelmgren succeeds Lynne Pederson and will assume responsibilities on September 15, 2022.

Ms. Hjelmgren brings a wealth of leadership and program management experience in the non-profit sector. Most recently Hjelmgren has been a Business Development Administrator with Light the Legacy, a non-profit dedicated to educating and empowering people about the importance of personal health care planning. Before that, Hjelmgren was Executive Director of the statewide advance care planning initiative Honoring Choice Minnesota.

“Kerry believes that aging beyond 50 provides a unique opportunity to focus on cultivating connection to community, and exploring and embracing interests in activity and learning,” said Pat Jorstad, president of the FiftyNorth Board of Directors. “This belief fits perfectly with the mission of FiftyNorth and we’re very pleased to have Kerry putting her talents and passion to work enriching the lives of our members and the Northfield community.”

Watch for announcements about opportunities for you to welcome Kerry and get to know her.



Thank you to the Popcorn Wagon Volunteers



A group of Popcorn Wagon Volunteers gathered to celebrate their hard work during the busiest weekend of the year; Vintage Band weekend, July 30 and 31.

Several hundred bags of popcorn and sodas were sold to visitors during the event. All of this happens because of the many volunteers who take shifts throughout the season.

— Leslie Weirich, Popcorn Wagon Coordinator



July Donors

Lois Bakko
 Karen Achberger
 David & Joey Appleyard
 Nancy Ashmore & Kenneth Wedding
 Bernard & Mary Auge
 Judy Broske
 Warren & Karen Broughton
 Gene & Darlene Broughton
 Mary Brown
 Brenda Bultman
 James & Heather Cannaday
 Bernice Christensen
 Eileen Cooper
 Neil & Marilyn Deden
 Winnie Drentlaw
 Jim & Norma Driver
 JoAnn Edwardsen
 Chris Ellison
 Carol Emery
 Beth Endert
 Robert Forsgren
 Joyce Francis
 Stephanie Frey

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

Jane Gambucci
 Marie Gery
 Mac & Jacquelyn Gimse
 Kevin Groebner
 David & Betty Habermas
 Liz Hankins
 Audrey Hulsey
 Richard & Donna Jackson
 Georgene Johnson
 Ruth Johnson-Wirth
 Steve & Ann Jorstad
 Patricia Jorstad
 Joni Kilde
 Gary & Arlene Kruse
 Myron Lanoue
 Tom & Nancy Loesch
 Louise Lucas & Michael Elbein
 Janet Mathews
 James & Angie Mayr
 Mike & Ann McGovern
 Elaine Meyers
 John & Sharon Micklo

Neil Lutsky & Irene Montenegro
 Bill & Pat Nelson
 Elizabeth Olson
 Kenneth Lee & Donald Onsgard
 Lynne Pederson
 Ken & Roberta Persons
 Pat & Kathy Quade
 Carol Rutz
 Jerry Sackmaster
 Lorraine Sewich
 Bardwell Smith
 Kenneth & Sharon Steinhouse
 Dorothy Swanson
 Craig Swenson
 Allan & Nancy Swenson
 Dale & Rose Turnacliff
 Anne Ulmer
 Colleen Vitek
 Linda Wagenbach
 Patricia Warner



July New Members

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

George Brophy, Michael Elbein, Liz Flynn, Valerie Frederick, Craig & Margaret Grunzke, Arvid & Diane Jaranson, Jon & Alison Kavanaugh, Patricia Martin, Bill Parker, Clarida Pascual, James & Elizabeth Pence, Michelle Reichow, Joan Storlie, Susan (Sue) Streefland, Elizabeth Wessen

THE NEIGHBOR LADY

Let me do that for you.



**Non-medical
 Senior Home Care**
 Light Housekeeping
 Errands • Companionship
 Technology Support

Stacey Greer

TheNeighborLady.com • 612-839-2286
 Serving Northfield and surrounding communities

Congratulations to the 2022 FiftyNorth Senior Softball Team! ...another great season!



WELCOME
Bluff View
Quality Homes
TWIN 4-PLEX

Johnson-Reiland is a family-owned custom build and design firm that is the winner of four Reggie awards – come design your custom home with us today!



Parade of Homes

Come visit the site

SEPTEMBER 10 THROUGH OCTOBER 2
THURSDAYS-SUNDAYS, NOON-6PM



Find your new home today!

A Brand New NEIGHBORHOOD!

Located on the south side of Northfield near the soccer fields, on Ford Street. Bluff View offers single-level, accessible living with great walkability — ideal for seniors and empty nesters. Call to learn more!

LOCATED NEAR THE MIDDLE SCHOOL ON FORD STREET!
Stop by our office or give us a call. Visit jrbr.builders for details!



jrbr.builders | 507.366.1288

Builders ID BC636389



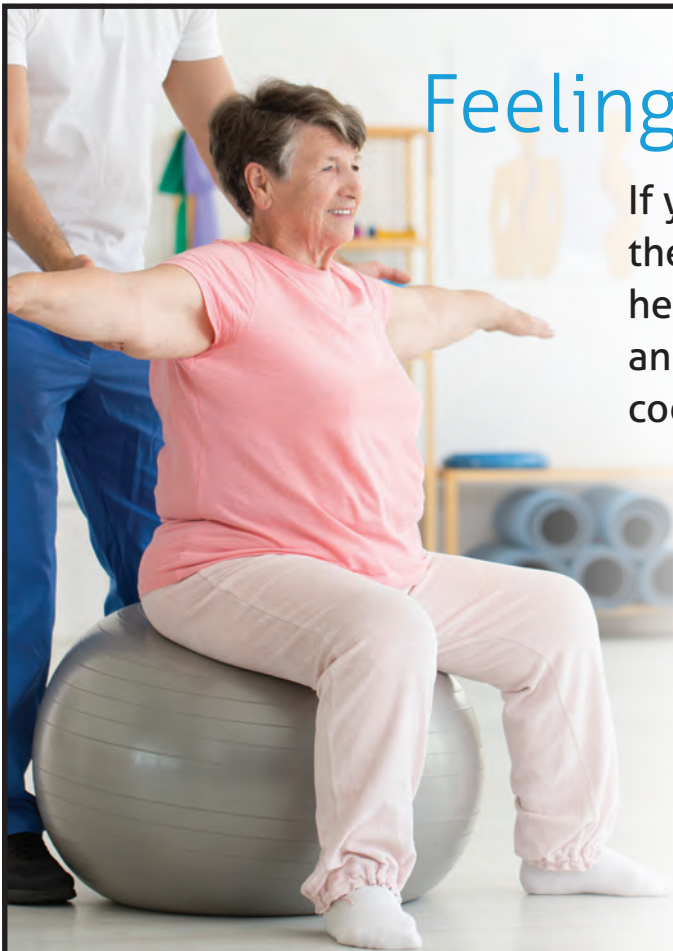
Feeling a Little Off Balance?

If you're feeling dizzy or a loss of balance, the experts at Rehabilitation Services can help. We offer fall prevention, strength and balance programs to help you improve coordination and reaction time.

- Dizziness/vestibular rehabilitation
- Balance evaluation and retraining
- Home safety and fall prevention
- Fall risk assessment
- Injury rehabilitation

 Northfield
Hospital + Clinics

(507) 646-8800



Staff Directory

Director:

Kerry Hjelmgren (Sept. 15)

Assistant Director/Fitness Coordinator:

Craig Swenson

507-664-3702 | craig.swenson@fiftynorth.org

Administration Manager:

Elaine Meyers

507-664-3703 | elaine.meyers@fiftynorth.org

Program Coordinator: Lifelong Learning/ Community Outreach

Patty Ciernia

507-664-3709 | patty.ciernia@fiftynorth.org

Program Coordinator: Arts/Volunteer/Dining

Michelle Loken

507-664-3707 | michelle.loken@fiftynorth.org

Used-A-Bit Shoppe Manager:

Dolores Kornkven

507-645-1399 | dolores.kornkven@fiftynorth.org

Bookkeeper:

Kathy Bjerke

507-664-3700 | kathy.bjerke@fiftynorth.org



Front Desk (Reception Staff):

Phone: 507-664-3700 | Fax: 507-664-3720

Mary Brown, Darla DeLong, Bonnie DuPay,
Beth Endert, Nancy Glodfelty, 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–Wednesday 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