



Program Guide

Winter /Spring 2017

Northfield
Senior Center

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This Program Guide covers ON-GOING classes and activities at the Center.

Information about special events, life-long learning classes and talks are all found in our monthly newsletters, and on our website:
northfieldseniorcenter.org



The Center * 1651 Jefferson Pkwy * 507-664-3700 *
www.northfieldseniorcenter.org
Sunshine Café * 11a—1p
Used A Bit Shoppe * 624 Water St * 507-645-1399

On-Going Aqua Classes and Pool Activities

On-Going AQUA Classes & Pool Activities

Aqua Classes

All of our aquacise classes provide aerobic and strength conditioning using water resistance and buoyancy. They include a warm up, a conditioning phase, a cool down, and stretches.

Sunrisers Aqua

Mon/Wed/Fri 7-7:45a

Instructor: Marilyn Kelley

Ageless Aqua

Mon/Wed/Fri, 8:15-9a

Instructors: Gayle Klauser: Marie

Frederickson: Kaethe Boutelle

Aqua Fit 'n' Tone

Mon/Wed/Fri, 9:15-10a

Instructors: Gayle Klauser: Marie

Frederickson: Kaethe Boutelle

Early Bird Aqua

Tues/Thurs, 7-7:45a

Instructors: Sheilah Giles

Kaethe Boutelle

Aqua Fitness Fusion

Tues/Thurs 5:30-6:30p

Instructors: Stacey Popp

Aqua Yoga

Tue 8-9a, Wed 2-3p

Aqua Yoga lets you experience the benefits of linking movement to breath while in the warm, supportive waters of the pool. The water gives buoyancy, which lessens stress on joints. We will build strength, flexibility and balance, without having to come onto the knees. All poses keep the head and face above the water.

Enjoy the relaxing experience of yoga in the water. NO LAP SWIMMING DURING CLASS.

Instructor: Marie Frederickson

Pilaqua

Sat 9—9:45a

Mixture of Pilates and aqua fitness into one class.

Instructor: Marilyn Kelley

Family Swim

Fri, 3:15 - 5p and Sat, 2-3:45p

Enjoy wonderful family fun and exercise with your grandchildren! On Saturdays, younger YMCA-member families are also welcome. The warm water pool provides a great environment for playing with children. Grandparents or parents are responsible for their children at all times, and must accompany their children/grandchildren in the pool. Lower age limit: 3 yr, and toilet trained (no swimmie pants).

Fitness and Aqua Instructors

Bob Bruce - RYT+200

Sheilah Giles: Silver Sneakers, Silver&Fit, Pilates, and Barre Instructor; Certified NETA Group Fitness, Yoga Fit Level 1, Rosen

Marilyn Kelley - Silver Splash trained

Gayle Klauser - ACE Group Fitness and AEA Certified, Silver Sneakers MSROM™ trained

Hong Yuan Lang - Native of China, Tai Chi Instructor

Daniel Martin - registered Yoga Trainer 200, YIN Yoga Certified, CMT, Rolfing licensed

Kyle Nelson- BA Exercise Science, NASM Certified Personal Trainer

Pam Percy: Registered Yoga Trainer 200, Registered Nurse

Craig Swenson - MS, Exercise Specialist, NETA Personal Trainer, Experienced Adaptive Exercise Coach, Enhance Fitness™ Certified, Silver Sneakers, Silver & Fit Instructor

Marie Frederickson - Registered Yoga Instructor 200, Aqua Yoga Certified

Kaethe Boutelle - Silver Sneakers, TRX, ACE Personal Trainer

Rebecca Gummow - Certified Group Exercise Instructor

Kate Stuart - Certified Country Line and Folk Dancing Instructor

Stacey Popp - Certified ACE Personal Trainer and Group Exercise Instructor, NETA & AFAA Group Exercise, Instructor

Elizabeth O'Sullivan - Silver Sneaker, Yoga, Pilates, Step Aerobics Certified Instructor

Heather Sand - Zumba, Silver Sneakers, ACE Group Fitness, Yoga, Silver & Fit Instructor, NETA Senior Fitness Specialty

Fitness and Aqua Instructors

Personal Fitness Training

What is Personal Training?

Our certified trainers can help you safely and effectively meet your fitness, health and weight management goals, whether you are new to exercise or a tried and true gym veteran. There is something for everyone. With reasonable rates, high demand skills, custom-made programs, our intuitive, motivating and friendly trainers are committed to your personal success. NSC is the Leader in Fitness for 50+ in Northfield.

Who are they? All of our trainers have nationally recognized, current certifications, along with additional training especially for working with people over 50, including working

with special health and orthopedic issues.

Kaethe Boutelle - AFAA & ACE Personal Trainer

Kyle Nelson - BA Exercise Science, NASM Certified Personal Trainer

Craig Swenson - MS, Exercise Specialist, NETA Certified Trainer, Adaptive Fitness and Adaptive Sports Specialist, Strength and Conditioning Coach

Alyssa Pawlek - MS Exercise Physiology, AFAA Personal Trainer

How often? Meeting with a trainer can be a weekly, monthly, quarterly or a one time situation.

No contracts are involved. We make it simple to receive professional,

trustworthy advice. How often depends on your goals, and what type of support you desire.

How much? Investing in our health is always an important decision. This is why we offer affordable fees.

Fees:

Initial Session (1hr) \$40m/\$45nm
Subsequent hr \$40m/\$45nm
Subsequent 1/2-hr \$25m/\$30nm

For more information, or to schedule a personal training session, call Craig Swenson, Fitness Coordinator, 664-3702

Personal Fitness Training

Personal Trainers



Craig Swenson



Kyle Nelson



Alyssa Pawlek



Kaethe Boutelle

On-Going Fitness Classes

Yoga / Gentle Movement Classes

All of our yoga classes, except Yin Yoga,* are movement-based Hatha Yoga. In each class there is a warm up, breath-work, asanas (postures or held-poses), and relaxation or meditation. The benefits of any of our yoga classes are stress reduction, increased flexibility and increased muscle strength. Our teachers differ in the traditions of their training, and in teaching styles.

Classical Yoga

Mon 6 – 7 pm

Based off of Hatha Yoga. Each class includes warm-up, breath-work, asanas (postures or held poses) and relaxation. Come relieve your stress and increase your stability, strength, and flexibility.

Instructor: Bob Bruce

Slo Flow Yoga

Wed, 12-1:15 pm

A form of yoga that synchronized the breath with movement. Connecting your body with the breath honors your potential for increased awareness, fluidity, comfort and ease in your practice.

Instructor: Marie Frederickson

Gentle Yoga

Tue and Thurs, 10:30 - 11:30 am

Chair Adaptive for people for whom floor-mat-work are difficult or uncomfortable.

Instructor: Kaethe Boutelle /Bob Bruce

Yoga Fusion

Fri, 8:15-9:15 am

Enjoy a fusion of yoga poses, functional fitness, and stretches on a yoga mat.

Instructor: Sheilah Giles

Somatics Yoga

Tues 6 –7 pm

Discover the transformative power of Hanna Somatic Yoga to release chronic tension and pain without stretching. Learn to retrain your brain by moving mindfully and gently, guided by your breath. Regain greater function, strength, and ease in all your movements. Most of this work is done on the floor. Mats, props, and written materials will be available.

Instructors: Pam Percy
Randi Henning

*Yin Yoga

Mon and Fri 12 – 1 pm

Poses are held a little longer for a greater stretch and restoration, as opposed to flowing movements.

Instructor: Daniel Martin

Tai Chi, Yang Style

Mon 8:30 - 9:15 am

Wed 8:15 - 9:00 am

The class moves through the 24 forms of Yang style Tai Chi. In addition to physical conditioning, Tai Chi is also known to bring mental relaxation and improved concentration.

Instructor: Hong Yuan Lang

Active Somatics

Wed 7 - 8 am

Gentle Flowing, dance-like movements combined with music to move all the joints in our bodies in easy, fun and simple ways. Based on the movement technique developed by Marion Rosen, a physical therapist. This class is safe for all fitness levels and enables ease in breathing, lubricates joints, relaxes the muscles, and develops body awareness to prevent injury.

Instructor: Sheilah Giles

Aerobic And Dance Exercise

All of these classes provide mild to vigorous aerobic training, and fun movement to music.

Zumba™ Gold

Mon and Thurs 7-8am

Mon 5 - 5:45 pm

Latin and international dances simplified for beginners. Rhythms highlighted in this program may include the Cha Cha, Cumbia, Salsa, Rock and Roll, Pop, Bell Dancing, Flamenco, and many more.

Instructors: Heather Sand
Elizabeth O'Sullivan

Country Line

Tue 9:15 - 10:15 am

Thu 9:15 - 10:15 am

Learn specific Country Line Dances that are known worldwide. Much fun for all! Group Practice offers dances that progress as people are able.. Get the body moving for light aerobic movement and enjoy the music. No specific fitness training, just a great line dance practice for all interested

Instructor: Kate Stewart

On-Going Fitness Classes

On-Going Fitness Classes

Strength And Cardio Combo

Balance Cardio Strength
Tues and Thurs 12 – 12:45 p
Fitness program that incorporates all the basic essentials of fitness into one class: balance, coordination, cardio, and strengthening. Class can be done with or without the assistance of a chair.

Instructors: Rebecca Gummow
Kaethe Boutelle

Full Body Strength

Thur 4:30 - 5:15 p
Come enjoy a Full Body Strengthening exercise class. As you progress with this class you will begin to notice muscular strength, more stability of your joints, greater range of motion, and possible higher bone density along with walking away with a smile on your face knowing you did an amazing workout and had a great time.

Instructor: Stacey Popp

Circuit Training

Tues and Thurs 9:30 - 10:30 am
Strength and aerobic training on timed stations in the Fitness Center, with selected equipment, free weights, and cardiovascular machines. Fitness Orientations required before taking class.

Instructors: Rebecca Gummow,
Kaethe Boutelle

Silversneakers Classic

Mon, Wed, Fri 10:30 – 11:30 a
Nationally known program includes strength, flexibility, and balance training with chair assistance. *This class incorporates the use of chairs*

Instructors: Sheilah Giles, Craig Swenson, Elizabeth O’Sullivan

Silver&Fit® Explore Experience,
Mon, Weds, Fri 1:30 - 2:15 p
This class is for inactive to active older adults. The classes are designed to increase the participants flexibility, joint stability, dynamic balance, coordination, agility, reaction time, strength and cardio endurance.

This Class incorporates the use of chairs
Open to all levels of membership
Instructors: Craig Swenson, Sheilah Giles, Stacey Popp

Strength and Power

The goal of these classes is to increase muscle strength, endurance and flexibility.

Power

Thurs, 6-6:45p
This class is offered in the fitness center. The class offers a progressive workout to help strengthen your muscles by using dynamic movements. The class is open to all levels of ability.

Instructor: Kyle Nelson
Fitness Center
Orientations are required before taking this class.

Cardio Strength Mix

Tues 7- 8a / Fri 7 - 7:45a/
Sat 9 – 9:45 a
Get a great aerobic workout that is low impact as well as a strength training routine all in one. Class includes various pieces of workout equipment and guarantees to get you sweating.

Instructor: Craig Swenson, Stacey Popp,

Core and Pilates

Everyday function relies on strength in the midsection of the body. “The Core” or ‘Powerhouse’ of the body includes the abdominals, hips, back, sides, pelvic girdle and glutes. Strength in these areas, (‘core stability’), postural cueing and alignment are emphasized, taking pressure off the back.

Core and More

Tues and Thurs 8:15 - 9 a
Saturdays 8 - 8:45
Core based exercises that help increase abdominal strength, coordination, stability, and postural correction. The class uses various pieces of exercise equipment. Intermediate balance training may be included.

Instructors: Craig Swenson, Kaethe Boutelle, Stacey Popp, Rebecca Gummow

Gentle Pilates

Wed 9:30 - 10:15 a
Using methods adapted from Joseph Pilate’s original mat work, movements are designed to gently strengthen the core/midsection while using breath work and focused attention with movement.

Instructor: Sheilah Giles

Barre Class

Mon 9:30 - 10:15a
Combines Pilates, yoga and ballet moves to give you sculpted and lean muscles – without the impact and injuries dancers endure.

Instructor: Sheilah Giles

All of our on-going fitness classes meet weekly. Fees for the classes are \$7/mem, \$9/non-mem *per class*.

Fitness Groups (Fitness Group Fees apply.)

Northfield Senior Center Bowling Club

Every Friday at 1:30 pm

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

Cost is \$3.25 per game with an extra charge if you rent shoes. All fees are paid to Jesse James Lanes.

Softball Group

Informational meeting

Thursday, March 2nd at 6 pm at NSC.

Come join the fun! The softball group generally starts playing outdoors in late April, early May. Practice, games and cost will be discussed at the March 2nd meeting.

Ping Pong

Mon, 7:30-9p, Tues, 1:15-3:15p, Wed, 3-4:45p,

Thurs, 2:15-4:15p, Sat, 10a-noon

The NSC-sponsored Ping Pong group is open to members as well as others in the community.

Opportunities for all levels of play abound. The beginner or recreational players are as welcome as those who are interested in advancing their skills.

Volunteer led

Pedalers Bike Club

Every Monday at 8:30 am

During the winter with the snow still on ground the Pedalers Bike Club Meets at Cake Walk every Monday morning 9:30 am for coffee and a walk at 10:30 am.

Beginning in April, bike excursions leave from the Center every Monday at 8:30a.m. In town (shorter) and out of town rides are planned for each week. Enjoy riding with the group from 6-20 miles weekly. Club is designed for those looking for a fun time with folks, light to vigorous exercise at your own pace, but no time trials!

Volunteer led.

Pedalers Bike Club orientation/informational meeting.

Monday, April 3rd, 9 am

Please join in on the meeting to learn more about the Peddlers group.

Water Volleyball

Thurs, 7-7:45p

For fun and fitness, NOT a competitive league! No experience required. Achieve your fitness goals while playing a game. Think of it as low impact aerobic exercise, or just pure entertainment.

Leader: Volunteer rotation

Group Activities

Popcorn and a Movie - \$1

Mondays, 1-3pm

Every Monday the Center's movie group meets to view a movie. Anyone may attend this group. A one dollar donation is recommended. Movies are provided from the private collection of Diane Gehler. If you would like to request a specific movie, please let her know. See monthly newsletter or bulletin board for the list of the month's movies.

Book Club - \$1

2nd Friday of each month, 10:30a

The book club is open to all. Simply read the monthly book prior to the meeting, then come and discuss it at the book club gathering at the Center. Book titles are selected by consensus of the group; the genre changes each month. For more information call Katherine Collman, 645-1357.

Movies and Books

See current month newsletter for selections

Calendar of Weekly* Group Activities

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	11:30a-12:30p (3rd) Grief Support		9-10a (1st) New Member Coffee		9a-12 (1st & 3rd) Joy of Quilting
	1 - 4p Double Pinochle	12:30-3p Euchre	9:30-11:30 (2nd & 4th) Woodcarving	9:30 - 11a Chime Choir	9:30-11:30a (4th) Photography Group
	1 - 3p Movies	1 - 3p Hook, Yarn and Needle	12:30 - 3p Social Bridge	11:30a-4p (2nd & 4th) Nfld Duplicate Bridge Club (sanctioned)	10:30a (2nd) Book Club
	1:30-3:30p (1st,3rd) Paper Crafting	1 - 4:30p Duplicate Bridge			12:30-3p "500" Cards
		4:30 - 5:45p Seasoned Singers		6:30 - 9:30p Duplicate Bridge	

*If a group does not meet every week, there is a notation indication which week(s) of each month it meets.

Our volunteer led groups are as diverse as the people who attend. They are designed to provide social interaction, skill enhancement and fun! Some groups require you to bring your own supplies. A \$1 fee *per* person is collected for these group activities unless stated otherwise.

Hook, Yarn and Needle
Tuesdays 1-3p
If you use one of these tools to craft, you qualify. Bring your own project to work on in the company of other crafters. Learn from each other.

Joy of Quilting
1st and 3rd Fridays 9a-noon.
Tired of quilting alone? This group will enable you to share project ideas and various quilting techniques while working on your unfinished quilting projects. Bring your own quilting project. New projects available for beginners.

The Photography Group
4th Fridays, 9:30 - 11:30a . Each session, will start with a brief educational presentation of a photography website which offer free photography tips and education. The remaining time will be spent reviewing individuals photos, questions and answers, as well as help with cameras and equipment. This is not a formal class or club. It is an opportunity to share an interest in photography.

Paper Crafting
1st and 3rd Monday of each month from 1:30 to 3:30 pm.
A theme is planned for each month. The first Monday of the month participants

bring a paper project related to the theme. Projects are then selected to make on the third Monday. On the third Monday, participants bring the materials to make the project. Projects range from cards, decorations, books, and techniques using paper.

Chime Choir
Rehearsals:
Thursdays 9:30 to 11:00 a.m. NO FEE
Our 3 octave choir chimes produce mellow-toned music. 11 people are needed plus extras that can substitute. What skills are necessary? Love to make music, able to count notes, commit to participate, enjoy a fun group. Unfamiliar with chimes? We can arrange special tutoring. We are always looking to add new people; men or women, experienced or novice, regular or substitute.
Contact Marilyn Finneseth, director: 645-5147 or 612-877-0959.

Woodcarving
2nd and 4th Wednesdays 9:30 - 11:30a
Flat-plane hand wood carvers gather to work on their own projects and share ideas, patterns, techniques and friendship. Block sawing services provided. No experience necessary. Some tools required.

Double-Deck Pinochle
Mondays 1-4p
Pinochle is a bidding, melding and trick taking game played with a partner using 80 cards (A-10-K-Q-J).
Call group leader on Sunday to sign-up: Phil Winter 645-7131.

Social Bridge
Wednesdays 12:30-3p
Party (rubber) bridge. Intermediate level. Sign in 15 minutes before game. Bring nickels and pennies for kitty. No partner necessary.

Duplicate Bridge
Tue 1-4:30p and Thur 6:30-9:30p
Identical hands played at each table. All bridge players welcome. Sign in 15 minutes before game. Bring your own partner.

Northfield Duplicate Bridge Club
2nd and 4th Thursdays 11:30a-4p (sanctioned by American Contract Bridge League)
Need a partner.
Fee: \$6 per session. Contact Evie Estenson 952-200-7542 or Donna Paulsen 507-323-4876

Euchre
Tuesdays 12:30-3p
Euchre is a trick-taking card game where each of four players is dealt 5 cards and the player making trump must take 3 tricks to win the hand. Sign in 30 minutes prior to start time to reserve your seat. No partner necessary. Instruction available upon request.

500
Fridays 12:30-3p
500 is a bidding and trick-taking card game using a 45 card deck, with trumping, bowers and the joker as high trump. Sign in 30 minutes prior to start time to reserve your seat. No partner necessary. Instruction available upon request.

Volunteers

The beauty of volunteering is that you are NOT working for money. You choose what you do! You may volunteer to do things you love to do, or you may volunteer to do things just because you feel good knowing that you are helping others. These activities offer ways to meet new friends, learn new skills, or just have fun. Here are descriptions of the volunteer programs available through The Center. If one appeals to you, contact our volunteer coordinator, Katie Felland at 507-664-3708, or katiefelland@nscmn.org.

SEASONAL ACTIVITIES

Popcorn Wagon workers help run our business on Bridge Square from our authentic antique Popcorn Wagon. The Wagon is on the Square from mid-May to mid-October, with a couple of special appearances each summer on the Carleton College campus. The Wagon may be rented for special events.

Gardening Crew takes care of the gardens at the Center including five beautiful flower beds, several pots and two vegetable beds.

FOR THE CENTER

Café volunteers help with a variety of duties associated with our Sunshine Café available at the Center Monday – Friday. Duties could include checking in diners, cleaning and setting tables, making coffee, passing out food, doing dishes, helping with reports, entering data in the computer, planning programming, purchasing supplies or providing entertainment.

Work Crew is an active group of volunteers who fix things and do odd jobs around the Center and at the Used a Bit Shoppe. Last fall they installed new patio stones, hauled furniture for our Art Studio and the Used a Bit Shoppe, and installed new lighting for the stage. This group

gathers regularly on Fridays.

Event Crew volunteers help plan and/or execute big events. Duties may include planning, purchasing supplies, distributing flyers, setting up tables and chairs, decorating, baking cakes or bars, dishwashing, clean up and resetting of rooms.

Monitors in the Pool and Fitness Room provide an extra set of eyes and ears in mainly the pool area so that in the event of an emergency help can be summoned promptly. Fitness monitors open the fitness room for early morning use. Some training required, however, lifeguard certification is not necessary.

Receptionists at Sr. Center greet people as they enter the building and document usage on our computer system. System training is required and provided. They also provide information for our members and the community and keep the coffee and popcorn available.

Used A Bit Shoppe retail store is operated by the Senior Center. Volunteer workers prepare used household merchandise for resale at our store in the River Park Mall. Various positions are available from cashiering to hauling and rearranging furniture. All proceeds go to the operations of the Center.

Group Leaders coordinate specific groups such as card groups, crafting groups, fitness groups, book club, etc.

BOARD OF DIRECTORS

and Board-Committees
Members of the Board set policy and oversee the operations for the Northfield Senior Citizens, Inc. This is a working board, and members are elected at the annual meeting each year. Board Committees include: Advancement, Facilities, Finance, Membership, and Nominations. The Advancement Committee oversees fund raising activities.

PROGRAM COMMITTEES

Trip Committee members plan and escort the travel programming offered by the Senior Center. They generally meet once a month.

Computer Committee members coordinate and teach the offerings in our computer lab. Other volunteers coach new students on a one on one basis during the classes.

Gallery Committee members help to plan the season of art exhibits in the NSC Gallery, hang those exhibits and host Opening Receptions for each exhibit.

FOR THE COMMUNITY

Thursday's Table volunteers help with **Community Action Center's** free meal for anyone in the community on Thursdays. The Center provides volunteers six Thursdays each year.

Meals On Wheels is a program run by the Northfield Hospital, in which volunteers deliver nutritious meals to the homes of those in need. The Center provides volunteers three weeks each year. Deliveries are made from the Northfield Hospital kitchen at noon.

Reading with 4th Graders volunteers meet at the Senior Center on the second Tuesday of the month from 9:30-10 a.m. during the school year to listen to 4th grade students read. This program helps build not only the reading skills of the students but also their relationships with caring seniors.

Sunshine Cafe

The Sunshine Café is the dining program at the Center located in room 103-105. Dining hours are from 11:00am to 1:00pm, Monday through Friday. No reservations are necessary.

The menu selections include the Sunshine Plate featuring a daily main meal choice or ala carte items, soup, sandwich.

All food is homemade from scratch on site. Drinks include

milk, coffee, water, and flavored waters.

The items on the ala carte menu are priced individually. The Sunshine Plate is a suggested donation of \$4.00 for age 60 and older and \$7.00 for under age 60.

Stop in any time during the open hours, order your selection, and enjoy lunch. You may also take your meal to-go.

The Sunshine Café is open to

Center members and to the community.

Have lunch in the Café before or after a class, after a work-out, after a bike ride or a walk, etc. Bring a friend and make it a destination.



Sunshine Cafe

aarp

AARP

Driving Safety Courses

This course is 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.

Fee: \$22 AARP member */

\$27 non AARP member

*Provide you AARP # when registering in person/by phone

8-Hour Smart Driving Course

This is The Course For 1st-timers

Sat, Feb 25, 8:00 am to 4:00 pm

Sat, Apr 22, 8:00 am to 4:00 pm

Sat, Jun 17, 8:00 am to 4:00 pm

- Bring a bag lunch

4-Hour Refresher Course

Tue, Feb 14, 1:00 to 5:00 pm

Mon, Mar 6, 1:00 to 5:00 pm

Tue, Mar 21, 5:00 to 9:00 pm

Thur, Apr 6, 1:00 to 5:00 pm

Mon, Apr 17, 5:00 to 9:00 pm

Wed, May 10, 1:00 to 5:00 pm

Thur, May 25, 5:00 to 9:00 pm

Wed Jun 7, 9:00am to 1:00 pm

Mon, Jun 26 5:00 to 9:00 pm



AARP

CPR & First Aid

CPR and First Aid and AED Training

Tue, Mar 14 - 3:30 to 6:30 pm

Become CPR and First Aid Certified

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

Instructor: TJ Heinrich

CPR &
FIRST AID

Computer Classes

Fee and Registration Information

Registration Deadline:
Noon, Wednesday, the week before the class begins.

The early deadline is needed to allow adequate course preparation.

COMPUTER CLASSES

Intermediate iPad/iPhone

Wed, Feb 1
and

Mon, May 8

9:30 to 11:30 am

This class will move us beyond the basics into the expanded use of Siri, iCloud syncing, APPs for travel and specialized projects, health APPs, photo editing/taking, etc. It will be a time to explore the multiple uses the iPad/iPhone can have to make our lives more productive [and even more fun!]. We will primarily work with the iPhone, but generally most APPs will work the same on both devices. Please bring your own iPad or iPhone with you to class, and have it updated to the latest IOS operating system before coming to class. It is important that you bring your Apple ID and Password to class.

(1 Session)

Cost: \$10/m, \$15/nm, \$0 Plat. Equiv.

Register by: Noon Wed of the week before the course begins

Instructor: John Severson

Organize My MAC Computer

Mon/Wed, Feb 6 & 8

and

Mon/Wed, Apr 17 & 19

9:30 to 11:30 am

(An introduction to the *Macintosh* Operating System)

A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items. This course will explain how to attain this goal while using a Macintosh computer. The course will cover the following topics: basic computer organization, how to

view stored content, USB flash drives, creation of folders, view menu options for content display, copying and moving folders and files, use of the right mouse button, finding files and folders, shortcuts, and backup strategies. The course will use a recent Mac OS X operating system and be taught on dual boot machines that behave like normal Macintosh computers. Students should bring a USB flash drive (thumb drive).

(2 Sessions)

Prerequisite: Word Processing Basics or equivalent

Register by: Noon Wed of the week before the course begins

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

Instructor: Jim Finholt

Intermediate Internet and Email

Tue/Thu, Feb 7 & 9

and

Tue/Thu, May 2 & 4

9:30 to 11:30 am

This course will discuss internet topics such as using tabs, organizing bookmark sites, backup of bookmark sites, and information searching strategies. Email topics covered will include creating and using group addresses and attachments. Cutting, copying, pasting, and printing techniques will be developed for both email and web browsing. The course will use *Mozilla Firefox* (browser) and *Google Gmail* (email). Students can choose to work on a computer set to behave like a Macintosh or a Windows. Students must have an active Gmail Account

(2 Sessions).

Prerequisite: *Intro to the Internet and Email* or equivalent

Students must have an active Gmail Account

Register by: Noon Wed of the week before the course begins

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

Teacher: Jim Finholt

Microsoft Word/Win

Tue/Thu, Feb 14-23

9:30 to 11:30 am

This course builds on basic word processing skills for people ready for an intermediate level of word processing.

Students use *Microsoft Word* for more features to enhance any document.

They navigate its many menus, bars and buttons. They manage files, open/close multiple documents simultaneously, and copy and move text between documents. They customize tab and margin settings, use advanced formatting skills, are exposed to print properties, and save files to various locations. They use built-in Help: Auto Correct & Complete, Spelling & Grammar Check, and Thesaurus.

(4 Sessions)

Prerequisite: *Word Processing Basics/Win*

or equivalent

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

Register by: Noon Wed, Feb 8

Instructor: Lee Klimisch

Intro to Spreadsheets

Tue/Thu, Feb 28-Mar 9

9:30 to 11:30 am

Spreadsheets are handy tools that are easy to set up and run. Students in this course will learn how to use free software similar to *Microsoft Excel* to construct and operate many different kinds of spreadsheets. After an initial study of basic spreadsheet techniques, a variety of spreadsheet applications will be examined. In each case students will first learn how to use an example spreadsheet and next, learn how it works. Finally, they will construct a similar spreadsheet. The course will show how to find the total and average of a set of numbers, how to sort data, and how to make a graph of the information. Spreadsheets dealing with household budgets, currency converters and temperature converters will be discussed. In summary, this course will show how to construct and use spreadsheets to organize and analyze almost any collection of numerical information. Students can choose to work on a computer set to be a Macintosh machine or a Windows

Computer Classes

machine. Students should bring a USB flash drive.
(4 Sessions)

Prerequisite: Word Processing Basics or equivalent

Register by Noon Wed, Feb 22

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

Instructor: Jim Finholt

Intro to Computers/Win

Tue/Thu, Apr 4 & 6

9:30 to 11:30 am

This introductory course covers general computer concepts and use of the mouse and simple word processing. It is intended for people with no experience and those who feel they need some preparation for other Computer Center courses. The course will be taught on computers running the Windows 10 operating system. 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. Students should bring a USB flash drive.

(2 Sessions)

Prerequisite: none

Register by Noon Wed, Mar 29

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

Instructor: Jim Finholt

Word Processing Basics/ WINDOWS

Tue/Thu, Apr 11 & 13

9:30 to 11:30 am

This course reviews and applies the concepts introduced in the course, *Intro to Computers*. Students use *WordPad* to learn to create, edit, save and open files. They learn formatting features including alignment, font types, and font styles (bold, italic, underline and color) to improve the appearance of a document. Other topics introduced include use of the Ribbon and Copy/Cut and Paste text.

(2 Sessions)

Prerequisite: Intro to Computers/Win or equivalent

Register by Noon Wed, Apr 5

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

Instructor Lee Klimisch

Word Processing Basics/MAC

Wed/Fri, Apr 12 & 14

9:30 to 11:30 am

This course reviews and applies the concepts introduced in the course, *Intro to Computers*. Students use *TextEdit* to learn to create, edit, save and open files. They learn formatting features including alignment, font types, and font styles (bold, italic, underline and color) to improve the appearance of a document. Other topics introduced include use of the Ribbon and Copy/Cut and Paste text.

(2 Sessions)

Prerequisite: Intro to Computers/Mac or equivalent

Register by noon of Wed, Apr 5

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

Instructor: Barb Henwood

Organize My WINDOWS Computer

Tue/Thu, Apr 18 & 20

9:30 to 11:30 am

(An introduction to the *Windows* Operating Systems)

A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items. This course will explain how to use a *Microsoft Windows* operating system to attain this goal. The course will cover the following *Microsoft Windows* topics: basic computer organization, how to view stored content, use of USB flash drives, creation of folders, view menu options for content display, copying and moving folders and files, use of the right mouse button, finding files and folders, shortcuts, and backup strategies. The course will use the *Windows 10* operating system, but the content will be useful for people using other *Windows* operating systems. Students should bring a USB flash drive (thumb drive).

(2 Sessions)

Prerequisite: Word Processing Basics or equivalent

Register by Noon of Wed, Apr 12

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

Instructor: Jim Finholt

Intro to the Internet and Email

Tue/Thu, Apr 25 & 27

9:30 to 11:30 am

This course deals with the following topics: searching the internet, sending and receiving email, sending and opening email attachments, using Contacts (Address Book), and security. The course will use Mozilla Firefox (browser) and *Google Gmail* (email). Students can choose to work on a computer set to be a Macintosh machine or a Windows machine.

(2 Sessions)

Prerequisite: Organize My Computer or equivalent

Register by Noon of Wed, Apr 19

Cost: \$20/m, \$25/nm, \$0 Plat. Equiv.

Teacher: Jim Finholt

Intro to iPad/iPhone

Mon/Wed, May 1 & 3

9:30 to 11:30 am

This introductory course is for absolute beginners of iPad and iPhones. In this class you will get to know your iPad/iPhone. You will learn the basic operations necessary to operate the iPad/iPhone. the onscreen keyboard, and the basics of using Siri. You will also learn to send E-mails as well as surf the internet with your device. Please bring your iPad or iPhone to class, and have it updated to the latest IOS operating system before coming to class. It is important that you bring your Apple ID and Password to class.

(2 Sessions)

Prerequisite: none

Register by: Noon Wed, Apr 26

Cost: \$20 members, \$25 non-members, \$0 Plat. Equiv.

Instructor: John Severson

Open Lab Plus

Every Wed

3:00pm to 5:00pm

Come to get help with your computer, tablet or smart phone questions. No fee.

Gallery Exhibits

NSC Gallery Exhibits, February – may

January 2 – February 3
David Perez, photography;
Syl via Langworthy, Theater masks



Syl via Langworthy,
Theater masks



David Perez,
photography

Feb 6 – March 10

David Hamer - Paintings

Opening Reception: Tues, Feb 14, 4 – 6 pm

March 13 – April 14

Kate Douglas - mul ti-media

Opening Reception: Tues, March 21, 4 – 6 pm

April 17 – May 12

Bridgewater students

Reception: Tues, May 9, during Reading with 4th **GRADERS' TIME**

May 15 – June 16

Don Roos - photography;

John Van Ast - wooden bowl s and dishes

Opening Reception: Tues, May 23, 5 – 7 pm

Drop-In Open Art Studio

Thursdays, 1 – 3 pm

The Open Art Studio is for artists of all skill levels.

There will be a secure place to store personal supplies, and room to work in the company of other artists. Kate Douglas, who has taught art classes at the Sr Center, will be available some of these Thursdays for assistance or critique. Other art teachers will be invited to do the same on occasion.

This will be a great opportunity to work on what you are learning in our classes, or just to explore your own art projects.

\$1 Donation per session requested



COLLABORATIONS

Adult Social Ballroom & Latin Dance:
Beginner Levels 1 & 2

These classes are in collaboration with the Northfield Arts Guild and the Northfield Senior Center. Registration is through the Arts Guild.

Registration Forms are available at Northfield Senior Center and at Northfield Arts Guild (304 Division St.) and Online at northfieldartsguild.org/education. NSC Members: Use code NSC at checkout to get your 10% off!

Jan.7 – Feb. 25 (8 weeks) or

Apr 1 - May 20 (8 weeks)

Fees: NAG or NSC member: \$108; non-member: \$120



Adult Social Ballroom & Latin Dance:
Beginner Level 1

Sat, Jan 7 - Feb 25

or Sat, Apr 1 - May 20

12:45pm to 1:30pm

From the classics (Fred Astaire & Ginger Rogers) to the modern day (Dancing with the Stars), ballroom dancing fascinates all ages! Looking for a fun form of fitness? No rhythm? Two left feet? No partner? This class is for you! This introduction to the popular social dances gives you **the basics in Swing, Salsa, Waltz, Tango and more.** You'll have a great time and learn to dance along the way!

Instructor: Andrea Mirenda

Adult Social Ballroom & Latin Dance:

Beginner Level 2

Sat, Jan 7 - Feb 25

or Sat, Apr 1 - May 20

1:30pm to 2:15pm

Beginner Level 2 continues your knowledge and strengthens your social dance skills in Swing, Salsa, Waltz, **Tango and more.** You'll have a great time and build your confidence and flair along the way.

Instructor: Andrea Mirenda

CIRCLE OF SUPPORT: DROP-IN GROUP FOR GRIEF AND LOSS

3rd Mondays 11:30am - 12:30pm

If you have experienced the loss of a spouse, child, family member or friend and felt that no one really understood the pain that you are experiencing, you are not alone. You may also have experienced a divorce, estrangement from a family member, the death of a beloved pet, or the loss of friends due to a recent move. All of you are welcome to attend this informal and welcoming circle of support. We will provide you with a space to be with others who are grieving and access resources available in the community.

No fee

Facilitator: Northfield Grief Coalition

Bereavement Coordinator

Katie Jacobi, [507-646-1349](tel:507-646-1349)

Talk with Carla Pearson, Licensed Social Worker

2nd and 4th Tuesday, from 1:00 to 4:00

Carla Pearson, Licensed Social Worker will office at the Senior Center each month. Carla is a Licensed Social Worker and is a strong advocate for older adults, in Rice and Goodhue Counties. At the Senior Center, Carla will be in the Service Room off the Link by the Art Gallery. If you have questions regarding services for yourself or a family member, stop in and talk with her. Or she can be reached by calling Toll Free 1-800-277-8418 Ext. 328 or email carla.pearson@threeiverscap.org.

Trips

*Russian Museum of Art:
Faberge Jewelry
Wed, Feb 8
9:15am to 3:00pm*

We will have a guided tour for the Faberge Company exhibit; other art displays are available for you to see on your own.

After the visit to the Russian Museum we'll have lunch at the "Moscow on the Hill" restaurant. Lunch and the tip for lunch is included; coffee and drinks are extra.

Cost \$55
Sign up deadline: January 9

*TRIP: Minnesota Orchestra, Symphony Hall
Thu, Mar 16
9:30am to 2:00pm*

This is a special concert performance of music Mozart, Beethoven and Mendelsohn. Free cookies and coffee are offered to all before the concert in the lobby. There is no lunch planned for this trip.

If you already have season tickets and just want to ride the bus, the cost is \$25. Please sign up in person at the receptionist desk.

Cost: \$67
Sign up deadline: January 31. Limited to 29.

*Como Park Conservatory and
MN Landscape Arboretum
Light Show
Thu, Apr 6
1:30 to 8:00pm*

Think Spring and say goodbye to Winter as we travel to the Como Park Conservatory (and Zoo) where we'll spend time enjoying their Spring Flower Show. We'll stop for an early supper on our way to the Minnesota Arboretum which is featuring Winter Lights by Bruce Munro. The lights show different themes with towers of light arranged in staggered formations and changing colors. This is the final week of the first large-scale light show at the Arb illuminating the winter landscape after dark with five outdoor and two indoor installations. Cost includes entrance fees and transportation. Your meal is on your own.

Cost: \$47
Sign up deadline: March 31

*TRIP: Ordway Concert Hall
Fri, April 28
9:15 am to 2 pm*

We will be leaving the senior center at 9:15 a.m. for the Ordway in St. Paul to hear a renowned pianist, Alexandre Tharaud. He will be playing Rachmaninov, Mahler and Ravel. It will be an approximately two hour concert and starts at 10:30 AM. It will be exciting to hear a world class pianist in the new hall at Ordway that is only one year old and has the most wonderful, up- to-date acoustics. There is no lunch on this trip.

The cost is \$34.00.
The deadline to register is Sat., March 25

Trips

Como Park Conservatory



Trips

TRIP: Minnesota Capitol Building Tour

Thu, May 11
10:45am to 3:30pm

There will be walking on this tour, so put on your most comfortable walking shoes and join us for a guided tour of the newly renovated Capitol Building. Before we even enter the building, we will see the gleaming gold sculpture at the base of the Capitol's dome officially known as the Progress of the State, but usually referred to as "The Quadriga". On guided tours and weather permitting, visitors will see the sculpture up-close. We will see the Rotunda, the Governor's Reception Room, the chambers of the Senate, House of Representatives and the Supreme Court. Following our tour, we will proceed to the Granite City Food & Brewery where we will enjoy a late lunch at one of our favorite restaurants. Cost includes guided tour and transportation. Lunch is on your own.

Cost: \$25
Sign up deadline: May 8

NOTICE: This tour is limited to 35 participants, so sign up early to avoid disappointment. Sorry, we will not be able to add any additional seats.



NOTE! ENGLAND

Jean Larson is planning a trip to England late this summer and invites you to join her! Jean and her English friend/guide, Nicola Godfrey-Evans (Nicky), are arranging a tour for this coming August.

Watch the newsletter and your email for details and an informational meeting. **It'll be a great trip!**

FUTURE TRIPS!

- * Twin'sGame w/Chicago White Sox - June 22
- * Jonathon Paddleford Boat Trip TBA August
- * Shakespeare Festival in Winona TBA July
- * Mystery Trip - July 13-15
- * Juventas Circus - August 5 or 12

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 deadline receive a full refund IF a replacement can be found. Note that our trips require a minimum of 20 persons for each outing.

Trips

THINK SPRING!

