



By Lynne Pederson, Director



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## Here We Go Again...

If you have not heard the news by now...well, here we go again. Due to Governor Walz's recent mandate, FiftyNorth will be closed for onsite activities starting Saturday, November 20 through Friday, December 18.

**We will continue to offer: ONLINE CLASSES using ZOOM** *Must pre-register.*

- ❶ Coming soon, most In-person fitness classes are moving to online.
- ❷ Art classes in December that will be presented online.
- ❸ Lifelong Learning classes presented by: *The Senior Learning Network*. These are informative, live, interactive sessions. (see page 8)
- ❹ Congregate Meals, curbside pick-up at FiftyNorth will continue and can be picked up at the main entrance between 11:00-11:30 Monday thru Friday. Call with questions or to order (507) 664-3709. Leave a message with your name, the date and quantity of meals requested. **Call by 11:30 one day ahead of pickup.** The menu is posted at [www.fiftynorth.org/schedules/CafeNorth](http://www.fiftynorth.org/schedules/CafeNorth).



## All I Really Need to Know ...



"Every year at FiftyNorth is interesting, challenging, active, never static, and filled with endless opportunities. I predict that what transpires in 2020 will prove this statement true with a few descriptive words attached such as – new,

repurposed, really? wow! we did it ... as the year progresses." This was my opening paragraph in the article I wrote for the January, 2020 Newsletter. I don't think that I could have come any closer to the truth regarding 2020!

I am exhaling a cautious sigh of relief as 2020 is almost over. It has been an unprecedented tumultuous year that has generated consequences impacting the environment, a volatile racial justice system, a disparaging political climate, the health and lives of 237,000 people in Minnesota, resulting in economic disparities, schools and businesses in flux, losses, daunting days, and questions that remain to be answered. It sounds bleak...but...there is hope and light at the end of the tunnel.

*(continued on p 2)*



*Happy Holidays from FiftyNorth! - Stay safe and be well!*



## Director's Message - cont.

For the past nine months FiftyNorth has been operating under restricted guidelines, reduced hours, and in adapted space. It has been stressful, tiring, controversial, and challenged by some. It has also been testing, thought provoking, creative and rewarding work that staff has done to keep FiftyNorth as a safe environment, open and welcoming, operating, and producing programs that members are embracing to be active, healthy, engaged, connected with enriched spirits while participating at the Center or online in the safety zone of their own homes. The lights are on.

As a vaccine is readily available and received, when the Covid numbers go down, restrictions are lifted, the pandemic is over, we see our families again, and we get back to the lifestyle that we consider as normal, we will move into 2021 putting 2020 behind us as we have done so many other times after experiencing crisis, and change. We are resilient. We rise to the occasion, adapt to what is required of us, accept the change at our own pace, and proceed on. I look forward to what is next in our lives, the journey in getting there, and the people along the way. I will be right along with you in 2021.  
— *Onward and Upward.*

*Message continues on page 3 →*

### THE NEIGHBOR LADY

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## October New Members

### A warm welcome to each of our new members.

We look forward to seeing you at *FiftyNorth* — it's sure to be an even better place because you're here!

Sara Aeikens, Gary Anderson, Greg Carel,  
Donna Halverson, Kevin Halverson,  
Gail Heidebrink, Carla Johnson,  
Janet Kelling, Andy Kornkven, Mary Niebur,  
Kathleen Phyle, Victoria (Vicki) Stanley,  
Dianne Underdahl



## Member News

### MEDICARE QUESTIONS & THE SENIOR LINKAGE LINE

Medicare Open Enrollment period will end December 7, 2020.

If you have questions regarding Medicare or other services for older adults you can call and speak with a specialist at 1-800-333-2433. Here are a couple of websites that may have information for you as well.

<https://mn.gov/senior-linkage-line/>

<https://www.minnesotahelp.info/>



### ZOOM 101:

Never tried Zooming? Are you curious how this all works? If you have a smart phone, tablet or computer, that's all you need. I can take you through the simple steps of using Zoom for the first time. We'll do a Zoom meeting between us and explore how it all works.

Email me to schedule a time. I'll then call you with information on getting started, then we'll try Zooming!

Patty Ciernia - Program Coordinator  
[patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org)


 Director's Message - cont.


## All I Really Need to Know ... I Learned in Kindergarten

### *I leave you with these favorite words from:*

All I Really Need to Know I Learned in Kindergarten by Robert Fulghum.

**ALL I REALLY NEED TO KNOW** about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sandpile at Sunday School. These are the things I learned:

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Don't take things that aren't yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat.
- Flush.
- Warm cookies and cold milk are good for you.
- Live a balanced life—learn some and think some and draw and paint and sing and dance and play and work every day some.
- Take a nap every afternoon.
- When you go out into the world, watch out for traffic, hold hands, and stick together.
- Be aware of wonder.



- Remember the little seed in the Styrofoam cup: The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.
- Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup—they all die. So do we.
- And then remember the Dick-and-Jane books and the first word you learned—the biggest word of all—**LOOK**.
- Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation.
- Ecology and politics and equality and sane living.

Take any one of those items and extrapolate it into sophisticated adult terms and apply it to your family life or your work or your government or your world and it holds true and clear and firm.

Think what a better world it would be if we all—the whole world—had cookies and milk about three o'clock every afternoon and then lay down with our blankies for a nap. Or if all governments had a basic policy to always put things back where they found them and to clean up their own mess.

And it is still true, no matter how old you are—when you go out into the world, it is best to hold hands and stick together.

*Until next time.....*





## 2021 Membership

### MEMBERSHIP FEES WILL NOT INCREASE IN 2021

Your membership fee gives direct support to the operations of the Center. But more importantly is what we hope you receive from your membership - a sense of well-being, being active, connecting with others, and an engaged healthy lifestyle. We appreciate your membership and look forward to your participation at FiftyNorth whether it is in-person or virtually through Zoom. Please renew.

**All Medicare-eligible insurance-based memberships expire December 31.** To participate in onsite, or online fitness classes through Zoom without an additional fee you will need to renew at least at the Fitness Plus level. To participate in onsite, or online classes other than fitness without an additional fee you will need to renew at the Platinum level. Please contact Elaine to renew asap

### 2021 Medicare-eligible Insurance-Based Memberships

- **Silver Sneakers** = Most BCBS, Humana, Medica, UCare
- **Silver & Fit** = Health Partners
- Other insurance reimbursement provided programs will continue at a Fitness Basic level.

### **Silver Sneakers (SS) and Silver and Fit (S&F)**

Insurance programs are structured so that each has three levels of benefits and fee structures.

**Fitness Basic (\$0)** — Offers the enrollee a no-cost basic fitness membership as intended by the insurance provider to include open use of Fitness room, Pool, and designated land/pool class, Fitness Groups and social groups. Fees per use are charged for all other classes, and programs.

**Fitness Plus (SS - \$74/year); (S&F - \$206/year, or \$19/month)** — Includes open use of the Fitness Room and Pool, plus unlimited number of fitness and aqua classes.

**Platinum (SS - \$131/year, or \$13/month); (S&F - \$263/year, or \$23/month)** — Includes open use of the Fitness Room and Pool, plus unlimited classes and programs including fitness, aqua, arts, lifelong learning, social groups. Fees for class materials do apply.

### MEMBERSHIPS THAT ARE NOT MEDICARE-ELIGIBLE INSURANCE-BASED WILL EXPIRE ANNUALLY ON YOUR MEMBERSHIP ANNIVERSARY DATE.

You will receive a notice when it is time for you to renew.



For more information on renewal, please contact Elaine Meyers at 664-3703 or [elaine.meyers@fiftynorth.org](mailto:elaine.meyers@fiftynorth.org)



*We appreciate your membership and look forward to your participation at FiftyNorth.*

### NEW: Lending out fitness equipment!



### FiftyNorth will begin lending fitness equipment to participants for continued online classes.

Call Craig Swenson to arrange a time to pick up equipment at FiftyNorth: (507) 664-3702 or email Craig at [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org).

You will be given a form to fill out stating you are responsible for the equipment and that the equipment would need to be returned on December 18th. We will only allow hand weights, bands, and Silver Sneaker Balls to be given out. **Supplies are limited.**



# Fitness News

Register yourself for walking online each day.

## 2020 FALL ONLINE FITNESS CLASSES (10/31/20)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30						
7:00 AM						
7:30						
8:00 AM	BOOTCAMP (ZOOM) (8-9)	STRENGTH TRAINING (ZOOM) (8-9)	CARDIO KICKBOXING (ZOOM) (8-9)	STRENGTH TRAINING (ZOOM) (8-9)	STRONG NATION (ZOOM) (8-9)	
8:30						
9:00 AM	YOGA STRETCH (ZOOM) (9-10)				CHAIR EXERCISE (ZOOM) (9-10)	
9:30		GLOBAL LINE DANCING (ZOOM) (9:30-10:30)		COUNTRY WESTERN LINE DANCING (ZOOM) (9:30-10:30)		HOLIDAY LINE DANCING (ZOOM) (9:30-10:30) Dec 5, 12, 19, 26
10:00 AM	BOOTCAMP WITH CARLA (ZOOM) (10-10:45)		BOOTCAMP WITH CARLA (ZOOM) (10-10:45)		BOOTCAMP WITH CARLA (ZOOM) (10-10:45)	
10:30		CORE AND MORE (ZOOM) (10:30-11:30)		CORE AND MORE (ZOOM) (10:30-11:30)	RESTORATIVE YOGA (ZOOM) (10:30-11:30)	
11:00 AM						
11:30						
12:00 PM			YOGA 1 (ZOOM) (12-1)			
12:30						

## NEW ONLINE LAND BASED FITNESS CLASSES beginning Dec. 1 FORMER IN-PERSON CLASSES AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30	CARDIO & STRENGTH INTERVALS (6:30-7:15)	POWERLIFTING (6:30-6:55)			CORE & STRETCH (6:30-7:15)	
7:00 AM		DRUMS ALIVE (7-8)	SLO FLO YOGA (7-8)	BOXING AND STRENGTH (7-8)		
7:30						
8:00 AM						STRENGTH (8-8:45)
8:30						
9:00 AM		BEGINNING YOGA (VINYASA) (9-10)	CARDIO DANCE (9:15-10)	SLO FLO YOGA (9-10)		SIMPLE STRETCH (9-9:45)
9:30						
10:00 AM						
10:30	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						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		SILVER&FIT (12-12:45)		
12:30						
1:00 PM						
4:00 PM						
4:30 PM						
5:00 PM	SILVER SNEAKERS STRENGTH (5-5:45)		CARDIO STRENGTH MIX (5-5:45)			
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM		STRENGTH & STRETCH (7-8)		RELAXATION YOGA (7-8)		
7:30 PM						



## October Donors

### Our sincere gratitude to all who have donated.

We couldn't even come close to doing what we do without your support — *thank you!*

Katherine Baker, Lois Bakko, Glenda Holz, Alice Kevern, Richard & Karen Aamodt, Steve Albers & Cathy Larson, Steven & Karen Alger, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Richard Balke, Robert & Teresa Ballentine, Dianne Barrett, Roxanne Baumann, Bruce Benson, Dennis & Beth Berry, Tom & Mary Boylen, Diane Boyum, Jean Brandt, Liz Brekke, Mickey Brodin, Judy Broske, Warren & Karen Broughton, Gene & Darlene Broughton, Mary Brown, Bob & Lin Bruce, Evelyn Burry, James & Heather Cannaday, Clark & Lois Cary, Bernice Christensen, Evonne Clay, Richard & Sandra Clayton, Harriet Code, Eileen Cooper, Don & Mary Crook, Cleve Crowningshield, Florence Dacey, Gary & Connie DeGrote, Neil & Marilyn Deden, James Deegan, Patsy Dew & Tom Pender, Winnie Drentlaw, Jim & Norma Driver, Bonnie DuPay, JoAnn Edwardsen, Chris Ellison, Carol Emery, Edward & Mary Emery, Beth Endert, Kenneth & Linnea Erickson, Evelyn Estenson, James Estrem, Kristina Felbeck, Diane Felicetta, Dudley Flamm, Don Fogelberg, Bruce & Mary Kay Forland, Robert Forsgren, John Forsythe, Joyce Francis, Diane Genova, Marie Gery, Jeanette Gilbertson, Tim & Jan Gilblom, Mac & Jacquelyn Gimse, James Glover, Ruth Godfrey, Mary Jane Goertz & Ed Miller, Kenneth Grisim, Karen Grisim, Delores Gustafson, Helene Haapala, David & Betty Habermas, Joseph & Rita Hadacek, Erling & Connie Halverson, Robert & Barbara Hanisch, Jerry & Liz Hankins, Paul & Barbara Hanson, George & Gretchen Hardgrove, Barbara Herzog, Merry Hoekstra, Tim & Carolyn Hogan, John & Nancy Holte, Gail Hoxie-Setterstrom, Linda Irrthum, Richard & Donna Jackson, Marilyn Jacobson, John Jarvis, Georgene Johnson, Jackie Johnson, Pat Johnson, Richard Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Marie Kainer,

Charles Kalisch, Kenneth & Patricia Kangas, Chuck Sandstrom & Dianne Kelly, James Kessler, Joni Kilde, Marsha Kitchel, Paul & Anne Klinefelter, James Knezz, Neidra Krebs, Gary & Arlene Kruse, Myron Lanoue, Carol Lawrence, C C Linstroth, Tom & Nancy Loesch, Beverly Lubbers, William Roadfeldt & Louise Lurye, Monica Lynch, Russ & Lynn Margulies, Carol Marshall, Daniel Martin, Janet Mathews, Richard & Donna Maus, James & Angie Mayr, John & Rosemary McCarthy, Mike & Ann McGovern, Janet McGrath, William & Callista Meyer, Elaine Meyers, John & Sharon Micklo, Gene Moninger, Neil Lutsky & Irene Montenegro, Sandy Morgan, Hans Muessig & Sarah Dennett, Sharon Nelson, Dale Ness, Lan Nguyen, Richard & Raymonde Noer, Robert & Sandra Nyvall, Laura A Olson, Elizabeth Olson, Kenneth Lee & Donald Onsgard, Phillip & Jean Parsons, Joan Paulson, Lynne Pederson, Vivki Pepera, Ken & Roberta Persons, Hazel Peterson, Roberta Peterson, Gary & Bonnie Peterson, Robert Peterson, Warren & Mary Peterson, Thomas Petricka, Claire Pfau, John & Chris Pogue, Margaret Prowe, Bernice Pulju, Charles & Lana Reich, Scott & Patricia Richardson, Pamela Roberts, Gary & Donna Rock, Dee Rogers, Richard Roth, Carol Rutz, Jerry Sackmaster, Eleanor Salisbury, Barbara Sawyer, Emily Schmitz, Arland & Mary Schwake, Dale & Peggy Sheldon, Susan Sheridan, Corinne Simonson, Donald & Corrine Slaughter, Bardwell Smith, Anne Sovik, Dan & Linda Stadler, Donald & Margie Stanger, Gary Stansell, Robert & Rose Ann Steenhoek, Effie Stein, Kenneth & Sharon Steinhouse, James & Pat Stenglein, Ross Stickley, Pamela Stinar, Sharon Stoeck, Joanne Stohl, Daryl Stokesbary, Noel & Lois Stratmoen, Shelley Strobel, Bob Sullivan, Susan Anderson & Peter Svaleson, Phyllis Swanson, Craig Swenson, Paul & Judith Tarabek, Harley Tate, Lisa Tepolt, Thomas Thorman, John Tripp, Elizabeth Truman, Claudia Tuma, Dale & Rose Turnacliff, Dan Underwood, Chuck & Sue Van Eeckhout, Dale & Dian VanGuilder, Robert & Donna Vanderhoof, Ken & Fern Vesledahl, Edward & Colleen Vitek, Linda Wagenbach, David Walonick, Patricia Warner, Richard & Jeanne Waters, James & Mary Weidner, Bob & Lucy Wells ■



## Art Classes

Please pre-register for all classes:

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



### ONLINE - FUSED GLASS ORNAMENTS

**Wednesday, December 2**  
**10:00-11:30am**

A Zoom link will be emailed to you prior to class.

Snow is on the ground and thoughts of the holidays is around the corner. Here is your chance to make 3 fused glass ornaments all in the comfort of your home while interacting with others in class. Taught thru Zoom. In this class you will make a tree, snowman and a Christmas ball ornaments. Pick up kits at FiftyNorth. When finished drop off kits at FiftyNorth. Once fired, the ornaments will be delivered to your home or you can pick up at FiftyNorth.

**Instructor:** Geri Thelen

**Capacity:** 15

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

**Registration deadline:** November 30

**INCLUDES MATERIALS**



### ONLINE - PHOTOGRAPHS AND MEMORIES AND COOKIES AND MORE COOKIES

**Tuesday, December 8**  
**10:00-12:00pm**

This coming holiday season is going to be different! A year to create different kinds of memories. During the zoom class, I will share how to make my family's 2 favorite holiday cookies: Funnel Cakes and Peanut Butter Balls. Prior to class, each student can submit their favorite cookie recipe(s). We will combine them and distribute after class. Also, be prepared to share a favorite holiday memory.

**Instructor:** Geri Thelen

**Capacity:** 35

**Cost:** \$15 nonmbr, \$10 mbr, \$5 platinum

**Registration deadline:** December 6

**NOTES:** A Zoom link will be sent 1 day prior to class. Email a few of your favorite cookie recipes to Patty at [patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org).



#### ARE YOU NEW TO "ZOOM"?

Here is a great tutorial for preparing for your first Zoom session:

**ZOOM TUTORIAL:**

**<https://youtu.be/9isp3qPeQ0E>**





## Lifelong Learning

**Please pre-register for all classes:**

**Online:** [www.FiftyNorth.org/classes](http://www.FiftyNorth.org/classes)



### ONLINE - MITCHELL CAVERNS VIRTUAL TOUR (ZOOM)

**Thursday, December 3  
1:00-2:00pm**

Mitchell Caverns, within the Mitchell Caverns Natural Preserve, is a trio of limestone caves, located on the east side of the Providence Mountains. For many years the caves were thought to be "dead", that is, the formations were no longer growing. However, recent studies have found some signs of life. Numerous paleontological and archeological finds have been made in and around the caverns. Scientists have found the remains of several prehistoric animals, including a sloth. The caverns were a sacred place for the Chemehuevi Indians, and a number of tools and fire pits have been found.

Come join us for a virtual tour with California State Park Interpreter Andrew Fitzpatrick, taking us through a crash course in desert and cave ecology & local history of the Mitchell Caverns in the Mojave Desert.

**Presenter:** Senior Learning Network

**Capacity:** 35

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

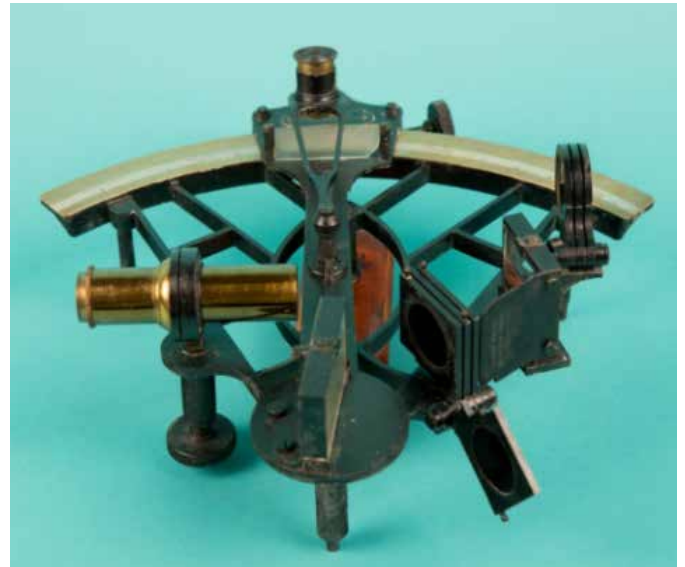
**Registration deadline:** December 1

*Zoom link will be emailed to you the day before the program.*

**NEW  
ONLINE LIVE  
CLASSES**

New offering for classes in partnership with the Senior Learning Network. All programs use Zoom (with registration deadlines).

Join others from across the country for a LIVE PRESENTATION and Q & A following. The Zoom link will be emailed to you, one day prior to class date.



### ONLINE - MYSTIC SEAPORT AND MUSEUM PART 1: NAVIGATION THROUGH THE GREAT EXPLORERS (ZOOM)

**Tuesday, December 8  
1:00-2:00pm**

We love the Mystic Seaport!

Join us to learn about navigation through the lens of famous explorers. We will examine the instruments and tools used by Columbus, Magellan, and other famous navigators. Ultimately, we will make a connection between technological improvements and safer, more precise movement around the globe.

**Presenter:** Senior Learning Network

**Capacity:** 35

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

**Registration deadline:** December 6

*Zoom link will be emailed to you the day before the program.*

*(Lifelong Learning cont. p 9)*





# Lifelong Learning

(Cont. from p. 8)



## ONLINE - MYSTIC SEAPORT AND MUSEUM PART 2: IN THE FOOTSTEPS OF GALILEO (ZOOM)

**Thursday, December 10  
1:00-2:00pm**

This program challenges us to take on the role of the famous astronomer

Galileo Galilei, and to see exactly what he saw centuries ago as he sought to explain the mysteries of outer space. In this program, we will take Galileo's observations of the four large moons around Jupiter, and provide historical context into the magnitude of his findings.

**Presenter:** Senior Learning Network

**Capacity:** 35

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

**Registration deadline:** December 8

**Zoom link will be emailed to you the day before the program.**



## ONLINE - A VISIT TO ELLIS ISLAND (ZOOM)

**Tuesday, December 15  
1:00-2:00pm**

Prior to 1890, individual states, rather than the Federal Government, regulated immigration into the United States. Castle Garden (now Castle Clinton), located in the Battery of Manhattan, served as the New York State immigration station from 1855 to 1890. Approximately eight million immigrants passed through its doors, mostly from Northern

European countries; this constituted the first large wave of immigrants to settle and populate the U.S. Ellis Island may not appear large on a map, but it is an unparalleled destination in United States history. After welcoming more than 12 million immigrants to our shores, Ellis Island is now a poetic symbol of the American Dream.

**Presenter:** Senior Learning Network

**Capacity:** 35

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

**Registration deadline:** December 13

**Zoom link will be emailed to you the day before the program.**



## ONLINE - YOGI BERRA MUSEUM AND LEARNING CENTER (ZOOM)

**Thursday, December 17  
1:00-2:00pm**

Celebrate the 100th Anniversary of the Negro Leagues by exploring the Yogi Berra Museum & Learning Center's newest exhibition, DISCOVER GREATNESS: An Illustrated History of the Negro Leagues Baseball. This program displays the remarkable collection of vintage photographs on loan from the Negro Leagues Baseball Museum in Kansas City. Highlights will include a slide-show, video clips about the Negro Leagues, and an augmented reality experience that brings the exhibition to vivid life.

**Presenter:** Senior Learning Network

**Capacity:** 35

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

**Registration deadline:** December 15

**Zoom link will be emailed to you the day before the program.**

Merry Christmas!

# Holiday Word Search

A G V U A V E E L F K V F O B  
 E H G H V D S E A H L I P X O  
 O O P V K H L T V Y E X V Y A  
 O L G A O X E E W P E A C E F  
 L L K O L V I Y S C F U S Y T  
 Z Y L M Y T G I Y J E U H O J  
 C P X F L C H U A U D D J J A  
 F I O L Q X P Z D L J V Q O S  
 N R T L S O Y W I A W C S L O  
 O W R E A T H X L E F A P L T  
 O E N A C R B R O U R O U Y C  
 X Y W R T U E T H A Y T F Q O  
 P A C X T M E X Y T D G Q B O  
 X C N R H L N M P A Q A A U K  
 A O P Y T E Z W P R Q E Q N I  
 L N J S Z I C E A H E T D Z E  
 A B I O H E X F H S J S Y E G  
 L M R A I K P P I M W H S U D  
 A F O A W R W M L X J D L Y A  
 L W O R A N A M E N T M X S E  
 A L T G Y H W U F A B J Q A R  
 L N F P D A O C O C T O H N B  
 A D G W N A Y C N O E L V T R  
 F O N X A W F J H S W A D A E  
 T H I S C H R I S T M A S T G  
 E L K V W M T T S Y P K Z Z N  
 F J C D B B A Y H R A H N B I  
 F V O R G R E B S N O W K Z G  
 N S T W X X M F J J H H B F F  
 J I S T U Y J W W Q T K Z L E

- GINGERBREAD
- HOT COCOA
- WREATH
- THIS CHRISTMAS
- MISTLETOE
- SLEIGH
- JOLLY
- HOLLY
- FALALALALA
- CANDY CANE
- FROZEN
- POLAR EXPRESS
- ELF
- SANTA
- COOKIE
- PEACE
- JOY
- STAR
- ORNAMENT
- STOCKING
- HAPPY HOLIDAYS
- SNOW
- NOEL



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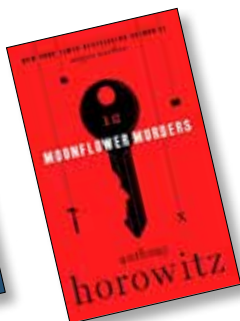
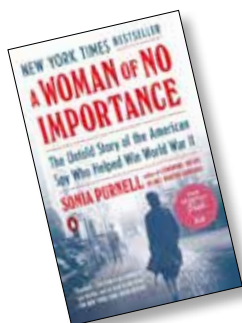
Kyle Smisek, PA-C

**(507) 646-8900**



## Book Club

The Book Club meets the 2nd Friday of the month at 10:30am – via Zoom  
*NOTE: There will be no book in December. The meeting will be each person sharing a holiday memento, decoration, story or a Hello!*



**January - A Woman of No Importance:** The Untold Story of the American Spy Who Helped Win WW II  
— by Sonia Purnell

**February - Moonflower Murders:** Featuring his famous literary detective Atticus Pund and Susan Ryeland, hero of the worldwide bestseller Magpie Murders, a brilliantly complex literary thriller with echoes of Agatha Christie.  
— by Anthony Horowitz

For more information call Katherine Collman, 507-645-1357

## Used-A-Bit Shoppe is Looking for Volunteers!



The Used-a-Bit Shoppe in Riverpark Mall is an important source of income for FiftyNorth. Help keep the shop running. Volunteers are needed now.

Positions include; cashier, pricing, arranging items on the sales floor, and testing and verifying electrical and mechanical items. Work in a fun, social team oriented environment. Most volunteers work once a week. Generally shifts are 3 or 4 hours, but are flexible. Partial year residents are welcome and you do not need to find your own replacement when gone.

Stop by the store, pick up an application and meet the manager, Dolores Kornkven, or call her at 507-645-1399 Tuesday – Friday between 10:00-3:00.



Used-A-Bit Shoppe - 624 Water Street (River Park Mall) Store Hours: Tuesday. - Saturday 10-5



## Staff Directory

**Director:** Lynne Pederson  
507-664-3701 | [lynne.pederson@fiftynorth.org](mailto:lynne.pederson@fiftynorth.org)

**Assistant Director/Fitness Coordinator:**  
Craig Swenson  
507-664-3702 | [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)

**Administration Manager:** Elaine Meyers  
507-664-3703 | [elaine.meyers@fiftynorth.org](mailto:elaine.meyers@fiftynorth.org)

**Program Coordinator/  
Community Outreach:** Patty Ciernia  
507-664-3709 | [patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org)

**Used-A-Bit Shoppe Manager:**  
Dolores Kornkven  
507-645-1399 | [dolores.kornkven@fiftynorth.org](mailto:dolores.kornkven@fiftynorth.org)

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



### Front Desk (Reception Staff):

507-664-3700  
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–12pm  
Sunday: Closed



### Fitness Center Hours:

Monday–Thursday: 6am–7pm  
Friday: 6am–6pm  
Saturday: 7am–12pm  
Sunday: Closed



### Pool Hours:

Monday–Thursday: 6am–7pm  
Friday: 6am–6pm  
Saturday: 7am–12pm  
Sunday: Closed



### CaféNorth Hours:

Pre-order: 507-664-3709 by 11:30 one day prior  
Monday–Friday drive up: 11am–11:30am



### Used-A-Bit Shoppe:

624 Water Street, River Mall, 507-645-1399  
Tuesday–Saturday: 10am–5pm  
Sunday: Closed  
Donations by appointment.