

# Program Guide

Summer 2017

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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](http://northfieldseniorcenter.org)



Welcome to summer at the Northfield Senior Center.

In this Guide you will find detailed descriptions and listings of the instructors for the on-going programs and classes that are offered in June, July, and August.

The programs at the Center are planned to emphasize Fitness, Arts, and Life-long Learning classes, Social activities, and Community Engagement opportunities.

Events are being planned for the summer— yoga classes in the courtyard in June, outdoor art classes, July 4th Picnic on the 3rd with entertainment on the patio, an ice cream social in August. Details for these and more can be found in each month's Newsletters.

We hope that you will take advantage of many of the varied offerings. The patio is open. Have a cup of coffee and enjoy the gardens. Try a fitness class that you have been wanting to take, discover your creative side in an art class, eat at the Sunshine Café, leisure in the hot tub. Whatever you do at the Center, I hope that it is to your liking.

**Enjoy your summer!**

Lynne Pederson, Director

The Center \* 1651 Jefferson Pkwy \* 507-664-3700 \*

[www.northfieldseniorcenter.org](http://www.northfieldseniorcenter.org)

Used A Bit Shoppe \* 624 Water St \* 507-645-1399

## ON-GOING AQUA CLASSES AND POOL ACTIVITIES

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 8-9am, Wed 2-3pm  
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. Enjoy the relaxing experience of yoga in the water.  
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. 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).



★ **Reminder: No lap swimming or using the hot tub is allowed during classes.**

## FITNESS INSTRUCTORS

**Bob Bruce** - RYT+200

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

**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, Roling licensed

**Barb Krauss**—  
Registered Yoga Instructor 200

**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, Functional Aging Specialist

**Rebecca Gummow** - Certified Group Exercise Instructor, ACE Personal Trainer

## AQUA INSTRUCTORS

**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, NETA Personal Trainer

**Marilyn Kelley** - Silver Splash trained

# 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.

## 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.

## What does it cost?

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

### Fees:

Initial Session  
 1 hour \$40m/\$45/nm  
 Subsequent hour \$40m/ \$45nm  
 Subsequent 1/2 hour \$25m/\$30nm

## Who are the Personal Trainers?

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.



**Craig Swenson**  
 MS. Exercise Specialist,  
 NETA Certified Trainer,  
 Adaptive Sports Specialist,  
 Strength and Conditioning



**Kaethe Boutelle**  
 AFAA & ACE Personal  
 Trainer, Functional Aging  
 Specialist



**Heather Sand**  
 NETA Personal Trainer



**Rebecca Gummow**  
 ACE Personal Trainer  
 ACE Senior Nutrition



**Kyle Nelson**  
 BA Exercise Science, NASM  
 Certified Personal Trainer

## 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

#### Gentle Pilates

Wed 9:30 - 10:15 am

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 - 10:15am

Combines Pilates, yoga and ballet moves to give you sculpted and lean muscles – without the impact and injuries dancers endure.

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

## 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 pm

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 am

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, 6-6:45pm

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.

Fitness Center Orientations are required before taking this class.

Instructors: Kyle Nelson

## Cardio Strength Mix

Tues 7- 8a / Fri 7 - 7:45am

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

*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 am

Saturdays 8 - 8:45am

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, Marie Fredrickson



All of the on-going fitness classes meet weekly.

Fees for the classes are:

\$7/mem,



\$9/non-mem per class.

## FITNESS GROUPS (FITNESS GROUP FEES APPLY, UNLESS NOTED)

### 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

Mon & Thurs

practice

10-12:00 @ Sechler

Park (Field 2)

Tuesday games

Come join the fun!

The softball group

plays other

community teams

—May 9 thru Aug. 15. Bring your own glove. Balls and bats provided. There's still time to join the team.

Cost: \$25 M/\$30NM (equipment fee)

### 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. Bring your own bike, helmet, water bottle.

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. Cost: \$20.00 seasonal

### 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. See monthly newsletter or bulletin board for the list of the month's movies.

Book Club - \$1

2nd Friday of each month, 10:30am

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. See newsletter for current book selections.

Dog Lover's Club—\$1

Wednesday, 1:30 –2:30pm

Open to anyone with a dog...and people who love dogs. Meet on the Center patio with your dogs for socializing, short walks around the grounds, and talking about ALL THINGS DOG. Dogs must be on a regular buckle collar or harness for small dogs and regular leash. And don't forget the poop bags.

# CALENDAR OF WEEKLY\* GROUP ACTIVITIES

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
					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	1:30-2:30 Dog Lovers Club	1:00-3:00p Open Art Studio	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 (Sept-May)

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.

## VOLUNTEER OPPORTUNITIES

The beauty of volunteering is that 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 the Center. 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](mailto:katiefelland@nscmn.org).

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

**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. 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.

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

### Board of Directors and 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.

**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.



**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 seniors.

# VOLUNTEER OPPORTUNITIES



**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.

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 enjoy a tasty, affordable lunch.

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.



**Popcorn Wagon** volunteers help run our business on Bridge Square from our authentic antique Popcorn Wagon. The Wagon is on Bridge 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.

The Popcorn Wagon volunteers pop popcorn and sell pop all summer long, and take in about \$10,000. All proceeds directly support the Northfield Senior Center.

**Used A Bit Shoppe** retail store, located at 624 Water Street, is operated by the Senior Center. Over 60 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 Senior Center.



## COMPUTER CLASSES

### [Intro to iWorks](#)

Pages, Numbers, Keynotes

Mon, June 5

9:30 - 11:30am

This introductory course will help you get “up-close and personal” with Apple’s productivity suite for both the Mac computer and the iPhone/iPad. iWork is Apple’s answer to Word, Excel & Powerpoint, and these programs available FREE to anyone who has purchased a new device within the past two years! We will focus on the Mac computer version for this workshop and primarily the Pages program. You may bring your personal laptop to the class, or use one of our computers in the Lab which have the latest version installed. (1 Session)

Prerequisite: none

Cost: \$15/nm, \$10/m,

\$0/plat equiv

Register by: Noon, May 31

Instructor: John Severson

### [Insert a Photo into Text](#)

Tue, June 6

9:30 - 11:30am

This course will show how to enhance letters and other documents by incorporating pictures and clip art using *Microsoft Word* software. Students can choose to work on a computer set to be a Macintosh machine or a Windows machine. (1 session)

Prerequisite: *Word Processing Basics* or equivalent

Cost: \$15/nm, \$10/m, \$0/plat equiv

Register by: Noon, May 31

Instructor: Jim Finholt

### Fee and Registration Deadline

**Noon, Wednesday, the week before the class begins.**

The early deadline is needed to allow adequate course preparation.

### [Facebook](#)

Wed/Fri, June 7 & 9

9:30 - 11:30am

Learn about the social networking phenomenon called *Facebook* and how to use it while protecting your privacy and that of your family and friends. This course will cover creating and deleting a *Facebook* account, locating past and current friends, managing privacy settings, and much more. Keep up with your friends, family, and favorite organizations with as much or little privacy as can be managed. Learning about *Facebook* might help you understand other online social networks. We will access *Facebook* using a computer browser; the material covered will be useful when using *Facebook* apps on mobile devices. (2 Sessions)

Prerequisite: *Intro to Computers* or equivalent

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

Register by: Noon, May 31

Instructor: Gloria Krusemeyer

### [New Life for Old Slides](#)

Thu, June 8

9:30 - 11:30am

This course explains how to scan 35 mm slides to produce electronic slide files. Electronic files have many uses. They are readily stored. They can be easily copied and distributed. They can be used to insert pictures into documents. Students will need to bring five or six slides to the class. Students should bring a USB flash drive. (1 Session)

Prerequisite: *Organize My Computer* or equivalent

Cost: \$10/m, \$15/nm, \$0/plat equiv

Register by: Noon, May 31

Instructor: Jim Finholt

### [Presentation Software Like PowerPoint](#)

Wed/Fri, June 14 & 16

9:30 - 11:30am

Learn how to prepare text & pictures for presentations using *Open Office Impress*, a free software program that is similar to *Microsoft PowerPoint*. Students can choose to work on a computer set to be a Macintosh or a Windows machine. (2 Sessions)

Prerequisite: *Word Processing Basics* or equivalent

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

Register by: Noon, June 7

Instructor: Barb Henwood

## COMPUTER CLASSES

### [Advice on Buying Smart Phones and Tablets](#)

Mon, June 19

9:30 - 11:30am

This class will feature people with experience with various smartphones and tablets, such as the Apple iPhone, Samsung Galaxy Series, Apple iPad, or Google Nexus. Expect a lively discussion including success stories as well as warnings. **This is NOT the class for support on using your current portable device.** (1 Session)

Prerequisite: None

Cost: \$15/nm, \$10/m, \$0/plat equiv

Register by: Noon Wed, June 14

Instructor: John Severson - Carl Henry

### [Intro to iPad/iPhone](#)

Mon/Wed, July 10 & 12

9:30 - 11:30am

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

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

Register by: Noon Wed, July 5

Instructor: John Severson

### [Intro to Computers/Win](#)

Tue/Thu, July 11 & 13

9:30 - 11:30am

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

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

Register by Noon Wed, July 5

Instructor: Jim Finholt

### [Intermediate iPad/iPhone](#)

Mon, July 17

9:30 - 11:30am

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: \$15/nm, \$10/m, \$0/plat equiv

Register by Noon, Wed. Aug. 2

Instructor: John Severson

### [Word Processing Basics/ WINDOWS](#)

Tue/Thu, July 18 & 20

9:30 - 11:30am

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

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

Register by Noon Wed., July 12

Instructor: Lee Klimisch

## COMPUTER CLASSES

### [Intro to the Internet & Email](#)

Tue/Thu, Aug 1 & 3

9:30 - 11:30am

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

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

Register by Noon, Wed, July 26

Instructor: Jim Finholt

### [Organize My WINDOWS Computer](#)

Tue/Thu, July 25 & 27 9:30 - 11:30am

(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

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

Register by Noon, Wed, July 19

Instructor: Jim Finholt

### [Microsoft Word](#)

Wed/Fri, Aug 16, 18, 23, 25

9:30 - 11:30am

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. manage files, open/close open/close multiple documents simultaneously, copy and move text between documents, customize tab and margin settings, print properties, save files, and built-in help. (4 sessions)

Prerequisite: Word Processing Basics or equivalent.

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

Register by: noon Wed, Aug 9

Instructor: Barb Henwood

### [Intermediate Internet and Email](#)

Tue/Thu, Aug 8 & 10

9:30 - 11:30am

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

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

Register by Noon, Wed, Aug 2

Instructor: Judy Cederberg

## GALLERY EXHIBITS

### June through August

May 15—June 16  
Don Roos, photography



Opening Reception: Tuesday, May 16, 5-7:00pm



John Van Ast, wooden bowls and dishes

June 19—July 21  
Sylvia Langworthy, puppets  
Opening Reception: June 27, 5-7pm

July 24—August 25  
Lake Carter, plein air paintings  
Kate Douglas, mixed multi-media  
Opening Reception: August 1, 5-7pm

August 28—September 22  
John Pipkorn, paintings  
Opening Reception: Sept. 5, 5-7pm

### Drop-In Open Art Studio Thursday, 1:00—3:00pm

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, art instructor, will be available some weeks 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 week is requested.



Check the monthly newsletters for scheduled Summer art classes.



## TRIPS



### Twins vs Chicago White Sox Baseball Game

Thur, June 22

9:45am - 4:45pm

Join us for a bus trip to see the Minnesota Twins take on the Chicago White Sox at Target Field. We have club level seats on the 3rd base line with a beautiful city skyline view. Bring the kids, grandkids, neighbors and friends to experience the great American pastime of baseball!

Fee: \$69

Sign up deadline: May 26



### The Mystery Trip Returns!!

Thu/ Fri/ Sat, July 13, 14, 15

6:30am - 8:00pm

The Mystery Trip Returns!!

Time: depart 6:30am, July 13,  
return 8 pm, July 15

Once again the Travel Committee is taking fun-loving and daring members on a mystery trip. This July the trip will be for 3 days and two nights to ??? No telling where Norma will take you! The costs below include bus, hotel, tickets for events, tours and all meals

The Great River Shakespeare Festival is composed of Shakespearean equity actors drawn from across the country. The core of the company returns each season and they provide the best interpretation of Shakespeare on Minnesota. This is their 14th season. We will again follow the schedule of the past several years: bus to Winona with Phillip Spensley giving us background on the play, the play at 2:00, dinner with the actors after the play, and a delightful early evening return to Northfield along the Mississippi.

### Comedy of Errors - Shakespeare in Winona

Wed, July 5

11am - 8:45pm

The Comedy of Errors tells the story of two sets of identical twins that were accidentally separated at birth. This farcical comedy involves series of wild mishaps based on mistaken identities that lead to wrongful beatings, a near-seduction, arrest, false accusations of infidelity, theft, madness, and demonic possession.

Fees: \$90 for a single play, \$160 for both plays

Group Leaders: Bill and Char Carlson

### Richard III - Shakespeare in Winona

Wed, July 19

11am - 8:30pm

Malicious, power-hungry, and bitter about his physical deformity, Richard begins to aspire secretly to the throne of his older brother, Edward IV—and decides to kill anyone he has to in order to become king. This is a powerful drama of deception, political manipulation and murder.

Fees: \$90 for a single play, \$160 for both plays

Group Leaders: Bill and Char Carlson

except 1 breakfast, 1 snack, 1 lunch and drinks at meals. The Clues will be posted soon on the bulletin board.

– correctly guess 3 locations and win a prize! How daring and curious are you???

Group Leader: Norma Monroe

Fees: The cost is determined by the number of people per hotel room:

1 adult/room - \$435

2 adults/room - \$360 each person

3 adults/room - \$335 each person

4 adults/room - \$322 each person



## TRIPS

### Jonathan Padelford Boat Trip

Wed, Aug 2

11:15am - 5:15pm

Join us for a narrated tour on an authentic sternwheeler along the mighty Mississippi. Sights along the way include: the St. Paul High Bridge, Pig's Eye's Cave, the Minnesota River mouth, and Pike Island. Lunch on your own before the cruise at Joseph's Grill.

Limit of 25

Fee: \$45

Sign up deadline: July 24




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#### Reminder:

- 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.
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#### Future trips:

Northfield Historical Society Cemetery Stories	TBA Oct 2017
University of Minnesota Band Concert	Nov 19, 2017

## SERVICES

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@threeriverscap.org](mailto:carla.pearson@threeriverscap.org).

CPR and First Aid and AED Training

3:30 to 6:30pm  
Tuesdays, July 25, Sept. 26, Nov. 7

Become CPR and First Aid Certified

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

Instructor: TJ Heinrcy

Blood Pressure Checks  
Beth Endert, RN, takes blood pressures Tuesday mornings, 7:00am to 1:00pm.

Check in with her at the Lobby reception desk.

Foot Care

Laurie Feuling, LPN, takes appointments for Mondays from 1:00 to 4:00pm at the Center. For appointments at the Center call: 507-664-3700. Other times can be arranged by calling Laurie at 507-663-0100.



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

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.

**8-Hour Smart Driving Course**  
This is the Course For 1st-timers

Sat. June 17  
8am - 4pm  
\*Bring a bag lunch

**4 Hour Smart Driving Course**

- Wed, June 7  
9am - 1pm
- Mon, June 26  
5 - 9pm
- Mon. Aug 7  
1—5pm
- Wed. Aug 23  
5—9pm