

Dance Classes

Folkdancing

Thursdays, 4:30 - 5:30pm
Sr Center, Activity Room

Learn line and circle dances from around the world. Footwear: barefoot is fine, or jazz or ballet shoes work. Drop-ins welcome.

Teacher: Kate Stuart

May 5 - 26 (remaining 4 weeks)

Cost: \$20m/\$25nm

Code: 1407

Or usual drop-in rate; pay or punch at Reception Desk

Dance is great for exercise, improves balance and it's fun! Here are even more dance options being offered at the Center:

Country Line Dance,
Tues, 9:30 - 10:30am
Zumba Gold
Wed, 9:30 - 10:15am
Wed, 6 - 6:45pm
Sat, 9 - 9:45am
Move and Groove Aerobics
Thur, 9:30 - 10:15am

These classes are on-going, and regular drop-in rates apply.



Elsie Forsythe (left) leads popular Country Line Dance class on Tuesdays.

Ping Pong Lessons

Come learn and have fun as the instructor leads a group of varying abilities through the basics of Table Tennis play. Table Tennis is one of the fastest sports and is played worldwide. Come for 1 hour of instruction, play and learning - develop agility, eye hand

coordination, health and wellness in a FUN and friendly environment. Designed for 18 and over.

Instructor: Randall Perkins, retired attorney, 30 years' table tennis experience, USATT umpire, locally rated 'A' player

Session - Thursdays, May 19, 26, June 2, 9, 16, 23
Time: 7 - 8pm

Code: 1479

Fee per session (per person):
\$36 m, \$48 nm

Woodland Nature Hikes

Our region of Minnesota offers a wonderful array of natural beauty & a variety of interesting experiences for hikers. Oak savanna, pine forest, prairie remnants, rivers, lakes, and marshland - all close at hand and waiting to be explored. What better way to get some exercise? Our guide knows the best trails, sharing extensive knowledge of locations, leading us on two-hour hikes on non-paved, uneven and sometimes hilly terrain

each month. Experience beautiful wild flowers in the spring, autumn color, mosquito-free environments in the summer - enjoy them all with congenial company. Each hike also features a campfire & time for your own pre-prepared sack lunch. Leader will provide wood, make a fire and bring hot dog roasting sticks, but do bring your own snacks, meal, water & essentials. Transportation is by carpool to the destination. Discov-

ery, kinship & natural adventure await. Hikes meet at 7:45-7:50 am - and leave at 8 am sharp

- May 14 - Afton State Park, on a new trail
Code:1410
- June 11 - Afton again, on a different trail
Code:1411
- July 9 - Whitewater State Park Code: 1412
- August 13 - Frontenac State Park Code: 1413

- September 10 - Fort Snelling State Park Code: 1414
- October 8 - William O'Brien State Park Code: 1433
- November 12 - Lebanon Hills Regional Park Code: 1415

Fee per hike: \$10 per person regardless of membership
8 people minimum must be registered for hike by the Thursday before event or event will be cancelled
Instructor: Don Forsberg

Driving Safety Classes by AARP

All classes \$15 for Center members; \$18 nonmembers

Classroom instruction for all area motorists over age 50 that lowers automobile insurance rates for three years.

Regional classes are listed on the AARP web site.

8-hour Classes (for first timers)

Mon/Tue May 2 & 3
5:30 - 9:30pm Code: 1366
Instructor: George Kinney

Wed/Thu July 20 & 21
1:00-5:00 pm Code: 1406
Instructor: George Kinney

4-hour Refresher Classes (every three years)

Thu May 5 1 - 5pm
Code: 1369
Instructor: Simone Boesen

Mon Jun 6 5:30-9:30p
Code: 1467
Instructor: Lucky Rimpila
Wed Jun 29 9a - 1pm



May is "Exercise is Medicine" Month

**National
SilverSneakers
Day
May 18**

**Celebrate by
joining us for the
Silver Sneakers
class on Wed, May
18, 10:30**

**Free to all
members on this
special day**

Exercise is Medicine™ is an initiative created by the American College of Sports Medicine which focuses on encouraging primary care physicians and other health care providers to include exercise when designing treatment plans for patients. Exercise is Medicine is committed to the belief that exercise and physical activity are integral in the prevention and treatment of diseases and should be regularly assessed as part of all medical care.

Designating May as "Exercise

is Medicine Month" gives it special recognition as a time for everyone to emphasize and celebrate the valuable health benefits of exercise on a national scale. Exercise and physical activity are important to health and the prevention and treatment of many chronic diseases.

Physical inactivity is a fast-growing public health problem and contributes to a variety of chronic diseases and health complications, including obesity, heart dis-

ease, diabetes, hypertension, cancer, depression and anxiety, arthritis, and osteoporosis. In addition to improving a patient's overall health, increasing physical activity has proven effective in the treatment and prevention of chronic diseases.

How can you participate in Exercise is Medicine Month? Celebrate by using NSC Wellness Center, Pool or Fitness Activity Classes or Groups!

"If you haven't any charity in your heart, you have the worst kind of heart trouble."

- Bob Hope

Strength Circuit Class, an on-going drop in class

**Tuesdays and Thursdays
6- 6:45 pm**

in the Fitness Center

Fit-Strong-Functional: Progressively build your upper and lower body strength; increase your fat-burning metabolism; improve your posture; look better and feel better about yourself. Strength training will improve any recreational pur-

suit, and make yard work or household chores easier.

This class, held in the NSC Fitness Center is for anyone who wants to increase their strength and energy – whether you are a beginner, an intermediate, or an expert. Class uses strength machines, free weights, calisthenics. Prerequisite: fitness center Orientation.

Class meets in the fitness center. Drop ins welcome.

Fee: \$6m/\$8nm

Instructor: Don Forsberg-
ACE Personal Trainer &
Silver Sneakers
MSROM Trained

In Town Wildflower Walk

Wed, May 4, 1:30

Wildflower aficionado Peggy Prowe will lead a walk to look at wildflowers in bloom in or near Northfield. She will scout out locations close to the date (checking on the timing of this year's bloom-

ing), and determine the precise location of the walk.

Meet at the Senior Center at 1:30 and get directions to the location of the 1-hour hike.

No fee.



Minnesota Senior Games in Mankato, June 2 - 5 For Men and Women 50 years and Better!

Register online at: www.mnseniorgames.com

Or call 507-385-6660

Opportunities to participate in a wide variety of sports. If you have questions about other NSC members attending, see Gale Marchand, 664-3702.

Adaptive Equipment Available Through Village Drug

Matthew Olivero from the Northfield Village Drug will be at the Center, May 12, 10:30 to talk about adaptive equipment, such as walkers, wheelchairs, canes, etc. that are available for purchase or rental at the store. He will

help you to understand how to size the equipment for you and also provide adjustments to assistive devices that you may use. One of the services that he will provide is to put on new tips to walkers, canes, etc. Even if

you do not need assistive devices now, it is good information to know for future, and/or for helping friends and family members.

**Take note!
The Center is
hosting National
Olympic Day,
June 23
Watch for events
and Fun!**