

Age-friendly NORTHFIELD

2026 Mid-Year Report
to
the City of Northfield





30%

of Northfielders are 50+.



THE **AFN** MISSION

WE ARE... a community that values a high quality of life for all of its residents.

WE HEARD... what community qualities are important to the citizens aged 50 and older and what more is needed.

WE ENVISION ... a community that promotes independence and a high quality of life for citizens as they age.

WE WILL ... work with the community to implement the changes that will assure livability of Northfield for today's and tomorrow's older adults.



In an Age-Friendly Community, ALL Northfield Residents:



Are engaged,
independent, and
connected.

Have safe,
accessible housing.



Have reliable
Transportation.

Work with
leadership to
provide responsive
services and
supports.



Free



Socialization



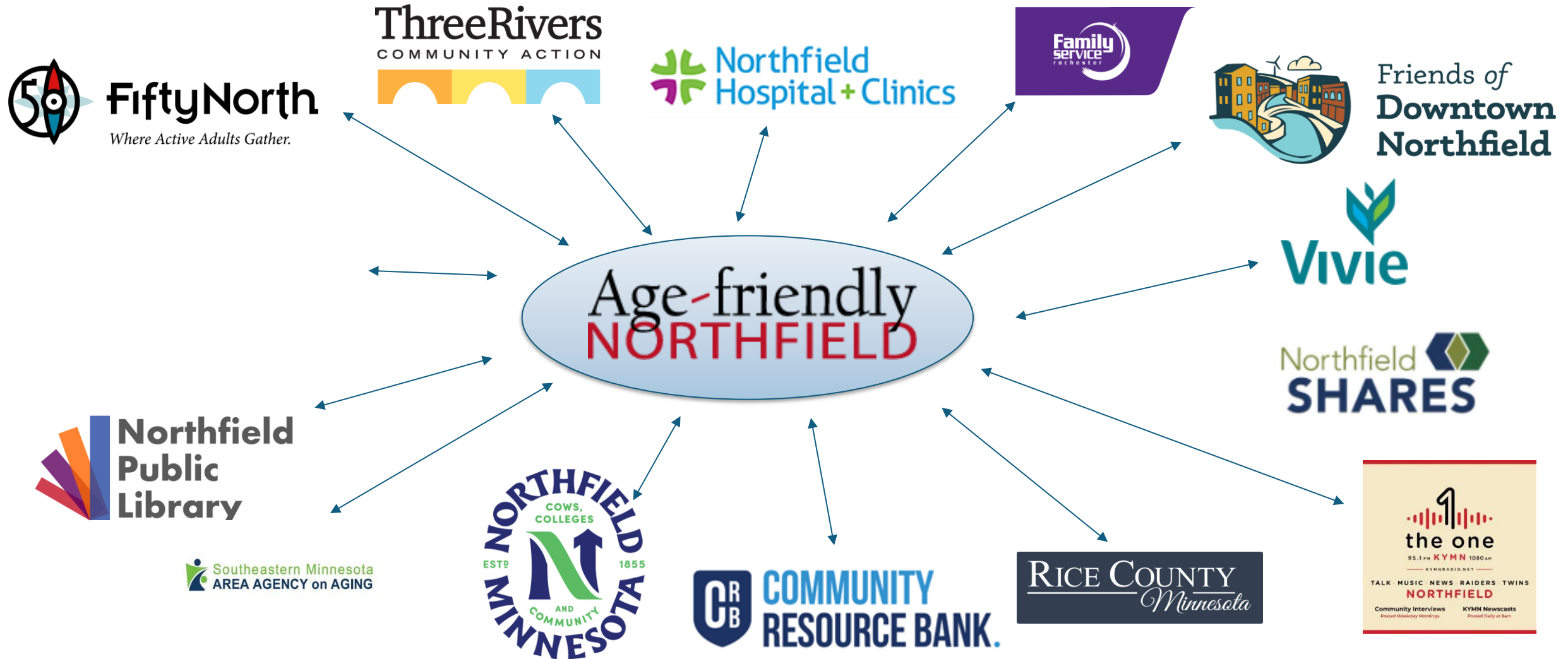
**Physical
Activity**



Collaboration

THE FOUR PILLARS of Age-friendly
NORTHFIELD

The Age-Friendly Northfield Ecosystem of Collaborators and Supporters





Walking at NHS

- Free to everyone.
- Available M-F from 6-7 AM or 3:30- 5:00pm.
- A safe, welcoming space to walk indoors.



Pickleball

Age-Friendly Northfield hosts FREE Pickleball on Sunday afternoons at Northfield High School. People of all ages and abilities are encouraged to participate. Paddles and balls are available.



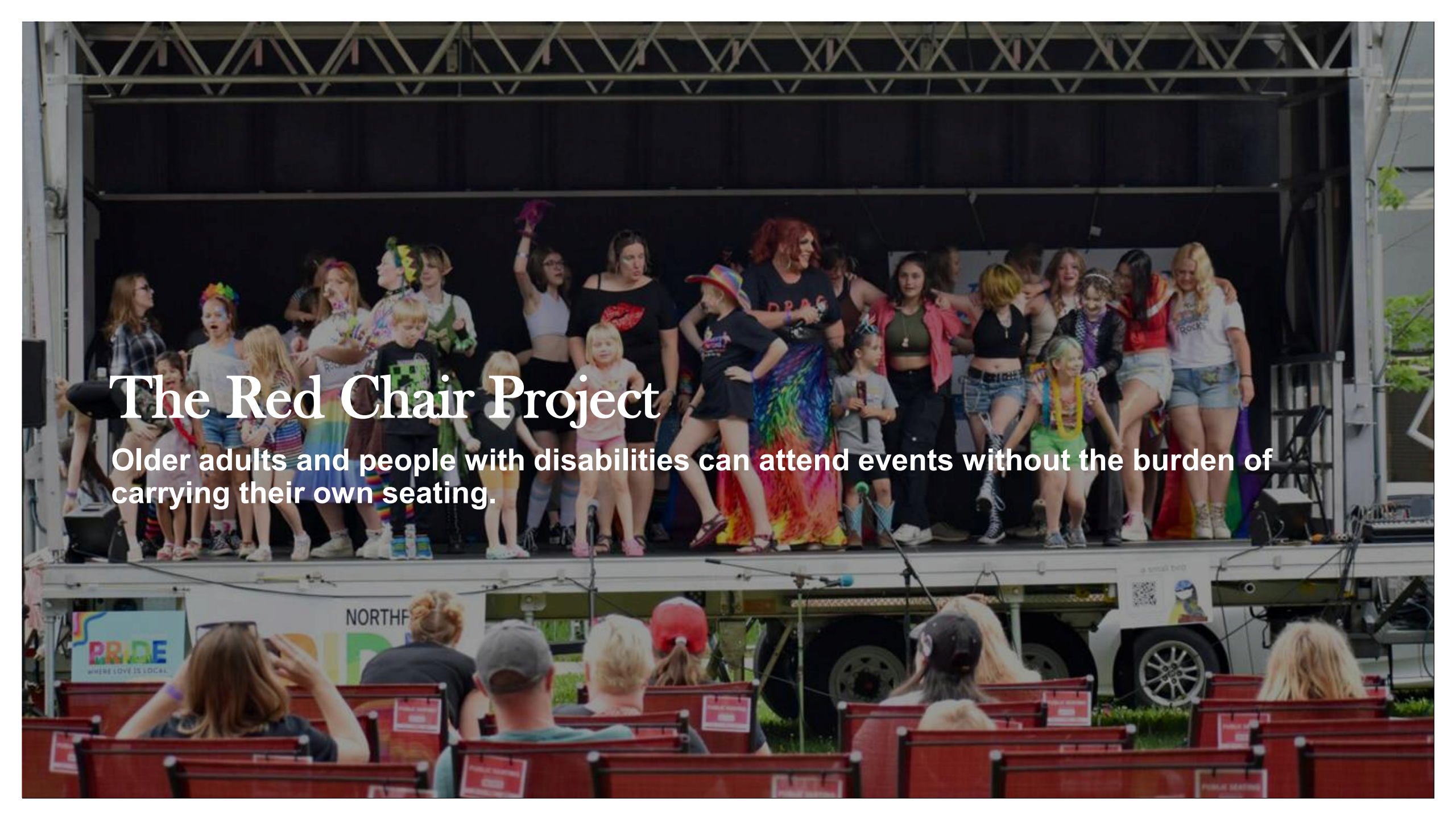
Rock Steady Boxing

Since beginning the program in February 2025, we have had strong and consistent participation. Our group has connected socially and emotionally and is growing stronger every session.



Nordic Walking

- Heart-healthy exercise
- Free instruction
- Poles available for use
- Laughs and fun for all



The Red Chair Project

Older adults and people with disabilities can attend events without the burden of carrying their own seating.



Third Thursdays Downtown



**Third
Thursday**
Street Dance
Downtown Northfield

June 18th | July 16th | August 20th | September 17th

Third Thursday Street Dance

Age-Friendly Northfield is sponsoring the music line up for Northfield's newest tradition!



Now...

- Tabling at local events
- Monthly appearances on KYMN
- Advocating for meals for seniors
- Transportation education and increasing availability



On the Horizon...

- Share Your Story – Minnesota Story Collective
partnership with KYMN Radio
- Revisioning parks for senior use
- SO MUCH MORE!

Board of Directors

City of Northfield

Family Services Northfield

FiftyNorth

Northfield Community Volunteers

Rice County

Southeast MN Area Agency on Aging

Three Rivers CAC

