

## Don't Miss Activities (Weeks May 22nd and 30th)

Register with Membership Services at 507-287-1404 today!

**Meet Our Senior Advocate** Senior Advocates provide info and assistance to those 55 and older and their family caregivers. They can help you get connected with community resources such as housing, home care, and transportation or solve a problem like how to apply for assistance or find a support group. Advocates also help Medicare beneficiaries with insurance issues, applications for public benefits, prescription assistance, and other programs. Call Membership Services at 507-287-1404 to schedule an appointment with the Senior Advocate today!

Mondays starting May 15..... 9am-1pm

**Breakfast Club** Who's hungry? Start your morning off right with a good breakfast & great company! All are welcome.

Tuesday, May 23..... 8:30 am

Grandma's Kitchen: 1514 N. Broadway Ave, Rochester, MN

**Evening Pilates** Gain long, lean muscles and improve your core strength, balance and posture with Evening Pilates at 125 LIVE! This primetime class is a refreshing mind-body workout for all experience and fitness levels. Instructor Fred Woolman guides you through six weeks of progressive classes, each session challenging you more than the last. Class is performed on the floor using yoga mats, which are provided, but you may also bring your own. Class held in the River Rooms of 125 LIVE.

Tuesdays & Fridays starting May 23<sup>rd</sup>..... 6:15pm

Fitness Members \$30/ Non Members \$55

**CookBOOK Club** Just like any other book club, but instead of reading our way through a book, we are going to eat our way through it! Utilize the new Commercial Teaching Kitchen at 125 LIVE to learn how to create amazing recipes that you can enjoy at home. Participants get to sample the finished product at the end of class.

Wednesdays ..... 12 pm

All Member \$6 / \$Non-Member \$10

**Coffee with Ken and Nicole** A casual opportunity to meet Members and learn about the many ways to maintain a healthy mind, heart, and body. Coffee provided. Conversation with Ken Baerg, Aquatics and Fitness Coordinator and Nicole Minton, Program Manager.

Thursday, June 1.....10 am

All Members FREE/ Non-member \$8