

DECEMBER 2018



Hello Members and Friends!

We're excited to launch our 2019 program guide. Until then our December offerings will be quality over quantity, allowing for more time with friends and family throughout the holiday season.

Over the last twelve months our team has worked diligently to assist you in creating a community by expanding outreach efforts, strengthening programs and services as well as activating underutilized spaces throughout our building.

We've grown with an average of 61 new members each month, propelling us over 2,000 for the first time in our history. We could not have done this without you.

Sincerest Thanks and the Warmest New Year,

Sylwia Bujak Oliver, Executive Director

SPECIAL EVENTS

Holiday Gift Fair Fundraiser G

Join us for a day filled with artists, food, vendors, live entertainment and mulled wine.

Tuesday, Dec 4th 8am-6pm

Member Mixer & Ornament Exchange

Happy-hour style hors d'oeuvres and mulled wine. Bring an ornament to exchange.

Advance registration by 5pm the day before.

Third Thursday Dec 20th 5pm-7pm

FREE for ALL MEMBERS

Member Family Day S F

Join us for Member Family Day, an intergenerational afternoon at 125 LIVE every second Saturday from 1pm-3pm.

Second Saturday Dec 8th 1pm-3pm

FREE for ALL MEMBERS

3rd Time's a Charm Events R S F

Members who scan in three (3) or more times a week for four (4) consecutive weeks will be eligible for free access to fun events.

New November members are invited to join this event before their 9:30am orientation.

Members only event.

Friday Dec 28th 8am-9:30am

Free Third Timers / \$5 Members

New Year's Fitness Kick-Off S F

Enjoy a complimentary mimosa, Bloody Mary, coffee or power coffee after your first workout of the New Year. Classes offered on the hour throughout the morning.

Tuesday Jan 1st 9am-12pm

FREE for ALL MEMBERS

Community Activities

Daily Activities

Daily activity calendars can be found at all Membership and Fitness desks.

Complimentary Coffee S F

Complimentary coffee will be available from 9am-12pm Monday through Friday at the lower level Membership Services desk.

Snacks will also be available for purchase everyday at the upper level desk, pastries on Fridays at the lower level.

Weekly / Bi-Weekly Activities

Castle Quilters S

Mondays 8am-12pm, 3rd Monday 8am-2:30pm, 1st Friday Work Day 8am-11am

1 Topic 1 Hour S

Enjoy coffee and conversation about current events, swap stories, and memories.
Every Monday 10am-11am

Coloring Craze S

Every Monday & Thursday 1pm-3pm

Monday Movie Matinees & Popcorn S

Every Monday 12pm (no film Dec 24th)

Ping Pong S F

Every Tuesday and Thursday 2pm-4pm

Wood Carving S

Every Tuesday 9am-12pm

Square Dancing S F

Every Tuesday 1pm-3pm

Mexican Train Dominoes S

Every Wednesday 1pm-3:30pm

Weekly / Bi-Weekly Activities

Bead Bunch S

BYOB - bring your own beads
Every Wednesday 10am-12pm

Young at Heart Singers S

Wednesdays Dec 5th & 19th 10am-11am

Acoustic Jam Session G S

Singers & Listeners Welcome
Every Wednesday 2pm-4pm
Free Member / \$8 Non-Member

CookBOOK Club SOUP MONTH R G

Register by the Tuesday before class.

Wednesdays 12pm-1pm

Dec 5th, 12th, 19th

Drop-In \$8 Member / \$10 Non

Dec \$18 Member / \$24 Non

Min 6/Max 16

Coffee and Cameras S

2nd & 4th Thursdays 2pm-3pm

Dec 13th, 27th

Free Member / \$8 Non-Member

Texas Hold 'Em S

Every Friday 1pm-3pm

Knitting S

Complimentary yarn supplied.

Every Friday 11am-1pm

Party Bridge S

Every Sunday 1:30pm-3:30pm

Community Activities

Monthly Activities

Evening Beading **G**

Join the Beaders of SE MN for open beading. BYOB - bring your own beads

3rd Monday 6pm-8pm

Card Making and Scrapbooking **R S**

Sessions start with make and take demo followed by working on projects you bring.

2nd Wednesday Dec 12th 12:30pm-3pm

Genealogy Club **S**

2nd Wednesdays Dec 12th 2pm-3:30pm

Free Member / \$8 Non-Member

Breakfast Club **S**

Start your morning off right with a good breakfast and even better company.

Last Tuesday 8:30am-10am

Dec 18th Canadian Honker

286 17th Ave NW, Rochester

Adobe Photo Software Roundtable **S**

Wed Dec 19th 2pm-4pm

Free Member / \$8 Non-Member

Learn to Digitally Edit Photos **R S**

1st Thursday Dec 6th 9am-12pm

Free Member / \$8 Non-Member

Grief Support Group **S F**

1st Thursday Dec 6th 1pm-2:30pm

The "Original" Book Club **S**

Keep your mind engaged with a new book each month and a fun group with whom to discuss.

2nd Thursday Dec 13th 10am-11am

Coffee with Sylwia, Ken & Chad **S F**

Don't miss out on all the activity highlights and what's to come at 125 LIVE.

3rd Thursday Dec 20th 11am-12pm

125 LIVE Kitchen

Stress Fighting Foods **R S F**

Join Natural Grocer's Nutritional Health Coach to learn all about the affect stress has on our body and how to support a healthy stress response through nutrition. During this seminar, learn how to incorporate healthy, stress-fighting foods into your everyday diet.

Thursday, Dec 13th 11am

Fitness

Fitness Eve **S F**

Holiday themed fitness classes and activities. In addition to themed classes join us for reindeer games and healthy holiday treats fresh from the 125 LIVE kitchen.

Friday Dec 21st ALL DAY

FREE for ALL MEMBERS

Program Partners

New Year's Resolutions **R G**

Many people make resolutions to make changes they want to make in their life, yet less than 20% follow through. Join LuAnn Buechler, Transformational Trainer & Life Coach, as she guides you through a process that helps you get clear on the changes that matter most to you.

Friday, Dec 14th 2pm-5 pm

Free Member / \$97 Non-member

Min 4/Max 35

Credit Scores; What Do They Mean **G**

What can mature adults do to maintain credit, fix credit, and understand when it is wise to use or not use credit. Presented by Kit and Jayne Johnston 1st Mortgage Solutions USA / 1st Reverse Mortgage USA

Thursday Dec 20th 11am-12pm

R Registration Required

G General Public

F Fitness Members

S Social Members

DECEMBER 2018

Art with Willow

Cozy Cabin Experimental Drawing R G S

This class is for the adventure seeking artist. We will be drawing a winter scene with a cabin and pine trees. Our materials range from charcoal to watercolor, creating in an additive process of more, more, more.

All skill levels are welcome.

Thursdays Dec 6th & 13th 1pm-2:15pm

\$20 Member / \$25 Non-Member

Materials: Included

Min 4 / Max 12

Sessions: Two

Artistic Card Making R G S

Create your very own stamp in this beginner Printmaking class. We will carve a lino-block (stamp) out and print them on cards perfect for the holidays.

Tuesdays Dec 4th & 11th 1pm-2:45pm

\$35 Member / \$40 Non-Member

Materials: Included

Min 4 / Max 12

Sessions: Two

Art

Acrylic Cell Pouring R G S

In this class we will explore the fun technique of acrylic pouring – a style of painting that doesn't require great artistic talent, just the willingness to have fun. The results are beautiful, colorful and organic. We will be making two 8"x8" canvas works.

Wednesday Dec 12th 9am-12pm

Artist: Tamsin Barlow

Materials: \$34

\$25 Member / \$30 Non-Member

Min 4 / Max 15

Sessions: One

Clay with Angela

Try the Wheel R G S

No experience or commitment necessary. You'll experience throwing on a wheel in a stress-free environment. Wear clothes you can get dirty and your imagination is required.

Monday Dec 3rd 6pm-8 pm

Tuesday Dec 4th 10am-12pm

\$20 Member / \$30 Non-Member

Min 4 / Max 8

Sessions: One

Grandkid Ornament Making R G S

A perfect opportunity for you and your grandchild (ages 3-6) to do something fun together at their level. Please wear clothes you can get dirty.

Monday Dec 3rd 10am-11am

\$20 Member / \$25 Non-Member

\$10 To add an extra child.

Min 4 kids / Max 10 kids

Sessions: One

Grandkids Pinch Pot R G S

A perfect opportunity for you and your grandchild (ages 3-6) to do something fun together at their level. Please wear clothes you can get dirty.

Monday Dec 10th 10am-11am

\$20 Member / \$25 Non-Member

\$10 To add an extra child.

Min 4 kids / Max 10 kids

Sessions: One

