125 LIVE is a state-of-the-art 60,000 square foot, non-profit fitness and community center open to those 18 and older. We offer countless amenities, expansive programming and resources for healthful living.

- warm water pool • 100+ weekly fitness classes • clean fitness facilities • private locker rooms • personal trainers • cycling studio • group fitness studios • billiards room • library • computer lab • pottery studio • art studio • ample free parking
Hello Members and Friends!

I have been approached by a number of Members concerned about recent developments regarding partner organizations of the City of Rochester. I would like to you to know that 125 LIVE is not currently having any financial difficulties. We will again meet with the City Council Oversight Committee as part of our routine financial review.

With many thanks to our Members and generous donations, we ended 2019 with a slight increase in cash from the end of 2018. We had another great year of people signing up for monthly and annual memberships.

Our annually scheduled financial audit is currently being completed by Hawkins Ash CPA’s and will conclude this spring. An audit completed in 2019 for 2018 stated that 88.3% of our revenue went directly back into programming. Furthermore, based on the auditors recommendations we have in place multi-tiered financial controls that hopefully will keep 125 LIVE from having any financial irregularities and would allow advanced warning of any impending financial difficulties.

We also understand and support the City of Rochester’s intent to standardize lease agreements with Partner Entities such as 125 LIVE. Our lease is set for renewal and we look forward to the clarification that standardization may bring.

125 LIVE currently has over 3,200 members and has never been busier and more occupied than now. In 2019, the 125 LIVE building attendance was approximately 200,000 visitors.

We are very grateful to have the opportunity to serve the active adult community of Rochester and look forward to many more years of providing services for you.

On behalf of the 125 LIVE leadership team and Board’s Executive Committee, I thank you all for making 125 LIVE the great place that it is.

Sincerely,

Sylwia Bujak Oliver
Executive Director

THANK YOU TO OUR GENEROUS POLISH FEST SPONSORS & SUPPORTERS
**POP-UP RESTAURANT RENTALS**
Rent the 125 LIVE commercial kitchen and River Rooms for $300
- Three hour access
- Free Parking
- Room for 144 Attendees

<table>
<thead>
<tr>
<th>Activities By Month</th>
<th>PAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>12-22</td>
</tr>
<tr>
<td>May</td>
<td>22-28</td>
</tr>
<tr>
<td>June</td>
<td>29-34</td>
</tr>
</tbody>
</table>

If an activity requires registration, please do so two business days prior.

**In Person**
Friendly 125 LIVE team members are happy to register you at the main level Membership Service Desk.

**Phone**
Dial (507) 287-1404 and a friendly team member will happily register you.
## Rental Space & Capacity

### River Rooms
- **All River Rooms**
  - Round Tables: 144
  - Classroom: 144
  - Rate: $135
- **Two River Rooms**
  - Round Tables: 72
  - Classroom: 72
  - Auditorium: 100
  - Rate: $90
- **One River Room**
  - Round Tables: 36
  - Classroom: 36
  - Auditorium: 50
  - Rate: $67

### Classrooms
- **Maple Room**
  - Auditorium: 50
  - Classroom: 50
  - Rate: $45
- **Cedar Rooms (A & B)**
  - Classroom: 50
  - Auditorium: 70
  - Rate: $45
- **One Cedar Room (A or B)**
  - Classroom: 24|27
  - Auditorium: 30|36
  - Rate: $27
- **Oak Room**
  - Classroom: 27
  - Auditorium: 30
  - Rate: $27

### Conference Rooms
- **Northview Room**
  - Conference: 22
  - Classroom: 16
  - Rate: $27
- **Conference Room 207**
  - Conference: 10
  - Rate: $18
- **Conference Room 110**
  - Conference: 8
  - Rate: $18

## Rate Per Hour

<table>
<thead>
<tr>
<th>Rental Space</th>
<th>Setup &amp; Capacity</th>
<th>Rate Per Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VIP Tier</strong></td>
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<tr>
<td><strong>Tier One</strong></td>
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<td><strong>Tier Two</strong></td>
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</tr>
<tr>
<td><strong>Tier Three</strong></td>
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</tbody>
</table>

### Fees and Payment:
- Full payment is due two (2) business days after booking.
- See 125 LIVE Reservation Policies for cancellation details.

### Tier Rates:
- **VIP Tier** Business Partners
- **Tier 1** Members and Non-Profits
- **Tier 2** Rochester Businesses and Residents
- **Tier 3** Non-Rochester Businesses and Residents

### Additional Spaces & Services:
- **Catering Kitchen** $50 per hour
- **Gallery** $25 per hour
- **Bartenders** $50 per hour+
- **High-Top Tables** $15 per table

### Food & Beverage:
- Food and beverages may be served in the room reserved.
- Renters are responsible for their own catering arrangements.
- Only licensed caterers may have access to the 125 LIVE Catering Kitchen.
- Alcohol may only be served by a licensed caterer or 125 LIVE bartenders.

### All Room Reservations Include:
- Basic room setup
- Wi-Fi and Presentation Capabilities

### River Room Add-On Fees:
- Round Tables: $25 per Room
- 8’x6’ Stage Sections: $50 per Section

### Damage Deposit:
Rentals for 50 or more attendees are required to pay a damage deposit:
- Credit card on file or $200 check
- Credit cards / checks will be charged if any damages are incurred.

**Reservations are not confirmed until a Reservation Request Form has been signed, submitted and confirmed by Coordinator.**

**Contact:**
(507) 287-1404
## Member Rates / Hours

<table>
<thead>
<tr>
<th>AGE</th>
<th>SOCIAL</th>
<th>FITNESS</th>
<th>SOCIAL &amp; FITNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>50+</td>
<td>18-49</td>
<td>50-89 90+ 50% OFF</td>
<td>18-49</td>
</tr>
<tr>
<td>90+ FREE</td>
<td></td>
<td>50-89 90+ 50% OFF</td>
<td></td>
</tr>
<tr>
<td>MONTHLY DUES</td>
<td>$22 Single $42 Dual</td>
<td>$47 Single $72 Dual</td>
<td>$62 Single $87 Dual</td>
</tr>
<tr>
<td>ANNUAL DUES</td>
<td>$238 Single $454 Dual</td>
<td>$508 Single $778 Dual</td>
<td>$670 Single $918 Dual</td>
</tr>
</tbody>
</table>

### Membership Amenities
- Checkout Library Books
- Billiards Room
- Open Art Studios
- Open Computer Lab
- Pickleball, Ping Pong, Square Dancing
- Reduced Fees for Events
- Discounted Room Rental Rates
- Walking Loops in both 125 LIVE and Rec Center

### Fitness Center Amenities
- Fitness Center
- Complimentary Fitness Equipment Orientation
- Discounts on Personal Training Packages
- Group Fitness Classes
- Warm Water Pool
- Lap Pool
- Pickleball, Ping Pong, Square Dancing
- Walking Loops in both 125 LIVE and Rec Center

### Day Pass Rates

$10 Day Pass Grants Access to Both Social and Fitness

### Social Hours

- **Monday-Thursday**: 5:30am-9pm
- **Friday**: 5:30am-7pm
- **Saturday**: 6am-6pm
- **Sunday**: 8am-4pm

**UPPER LEVEL**
- Main Entrance
- Entrance B

**LOWER LEVEL**
- Member Entrance
- Entrance E

**SOCIAL HOURS subject to change**

- **Monday-Thursday**: 8am-8:30pm
- **Friday**: 8am-6:30pm
- **Saturday**: 10am-5:30pm
- **Sunday**: 10am-3:30pm

**FACILITY TOURS @ 10AM Monday - Friday** | Call (507) 287-1404 to schedule a tour outside of this time

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*SAVE 10% WITH ANNUAL DUES*

*not applicable with other discounts, must be paid in full*

Enrollment fee of $45 is due upon initial registration. For additional information visit 125livemn.org

125 LIVE accepts most major health insurance reimbursement programs.

Two-month minimum commitment required for all membership types.
### 125 LIVE Leadership Team

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Director</td>
<td>Sylwia Bujak-Oliver</td>
<td><a href="mailto:sylwiab@125livemn.org">sylwiab@125livemn.org</a></td>
</tr>
<tr>
<td>Operations Director</td>
<td>Ken Baerg</td>
<td><a href="mailto:kenb@125livemn.org">kenb@125livemn.org</a></td>
</tr>
<tr>
<td>Rental Coordinator</td>
<td>Rachael Anderson</td>
<td><a href="mailto:rentals@125livemn.org">rentals@125livemn.org</a></td>
</tr>
<tr>
<td>Volunteer &amp; Program Coordinator</td>
<td>Jill Harkness</td>
<td><a href="mailto:jillh@125livemn.org">jillh@125livemn.org</a></td>
</tr>
<tr>
<td>Finance Lead</td>
<td>Emily House</td>
<td><a href="mailto:emilyh@125livemn.org">emilyh@125livemn.org</a></td>
</tr>
<tr>
<td>Operations Coordinator</td>
<td>Jen Schimek</td>
<td><a href="mailto:jennifers@125livemn.org">jennifers@125livemn.org</a></td>
</tr>
<tr>
<td>Community Manager</td>
<td>Cheryl Thode</td>
<td><a href="mailto:cherylt@125livemn.org">cherylt@125livemn.org</a></td>
</tr>
<tr>
<td>Membership Service Manager</td>
<td>Bill Unverzagt</td>
<td><a href="mailto:billu@125livemn.org">billu@125livemn.org</a></td>
</tr>
<tr>
<td>Membership Service Lead</td>
<td>Karen Joosten</td>
<td><a href="mailto:memberserviceslead@125livemn.org">memberserviceslead@125livemn.org</a></td>
</tr>
<tr>
<td>Marketing</td>
<td>Cheryl Thode</td>
<td><a href="mailto:marketing@125livemn.org">marketing@125livemn.org</a></td>
</tr>
<tr>
<td></td>
<td>Josh House</td>
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### Sponsor Our Quarterly Guide

Sponsor 125 LIVE’s Quarterly Guide and get that amount discounted off an advertisement in the Rochester Women Magazine.

Email our team today info@125livemn.org

(507) 287-1404
Program Guide Sponsor

Watch for our “Creative Solutions to Challenging Situations” Educational Series we are sponsoring FREE at 125 Live 125 Elton Hills Dr NW

Celebrating 10 years of Caring Service to thousands of Rochester Families since 2009

Cards & Games (Free Social Member / $10 Non)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td>12:30pm-3pm</td>
<td>9am-12pm Cribbage</td>
</tr>
<tr>
<td>1pm-4pm</td>
<td>12pm-3pm Pinochle</td>
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<tr>
<td>Hand &amp; Foot</td>
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<tr>
<td>Canasta</td>
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<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>11am-1pm</td>
<td>9am-12pm Cribbage</td>
</tr>
<tr>
<td>1pm-3:30pm</td>
<td>1pm-3:30pm 500</td>
</tr>
<tr>
<td>Chess</td>
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<tr>
<td>Mexican Train</td>
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<tr>
<td>Dominoes</td>
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<table>
<thead>
<tr>
<th>FRIDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>9am-12pm</td>
<td>1:30pm-3:30pm</td>
</tr>
<tr>
<td>1pm-3pm</td>
<td>Party Bridge</td>
</tr>
<tr>
<td>Mahjong</td>
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</tr>
<tr>
<td>Texas Hold ‘Em</td>
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</tr>
</tbody>
</table>
125 LIVE Castle Quilters S
Mondays 8am-12pm, 3rd Monday 8am-2pm, 1st Friday 8am-12pm, 3rd Friday 8am-12pm
Free Social Member / $10 Non-Member

1 Topic 1 Hour S
Enjoy coffee and current event conversation.
Every Monday 10am-11am
Free Social Member / $10 Non-Member

Coloring Craze S
Every Monday & Thursday 1pm-3pm
Free Social Member / $10 Non-Member

Monday Movie Matinees & Popcorn S
Every Monday 12pm
Free Social Member / $10 Non-Member

Ping Pong S F
Tuesday and Thursday 1:30pm-3:30pm
Free Member / $10 Non-Member

Wood Carving S
Every Tuesday 9am-12pm
Free Social Member / $10 Non-Member

Square Dancing S F G
Every Tuesday 1pm-3pm
Free Member / $10 Non-Member

Bead Bunch S
Every Wednesday 10am-12pm
Free Social Member / $10 Non-Member

Young at Heart Singers S
Wednesdays 10am-11am
Free Social Member / $10 Non-Member

Music Jam Session G S
Every Wednesday 2pm-4pm
Free Social Member / $10 Non-Member

Survivor Fitness for Cancer Survivors, Fighters & Caregivers R F
Exercise safely and effectively with Cancer Exercise Specialists certified through the Cancer Exercise Training Institute and the American Council on Exercise through a variety of styles all designed specifically for anyone whose life is impacted by cancer. This class is for survivors, fighters and their caregivers to be active and engaged with a stronger support group that pushes themselves to stay active and fit.
Mondays & Wednesdays 11am
Free Fitness Member / $85 Non-Member

Pool Arthritis Fitness F
The Arthritis Aquatic Exercise Program is designed for older adults experiencing muscle or joint stiffness, soreness, or who could benefit from an overall low-impact exercise routine. The exercises include postural stabilization and awareness of movement to improve circulation and promote comfort and gentle range of motion movements.
Mondays & Wednesdays 1:30pm
Free Social Member / $10 Non-Member

Coffee and Cameras G S
2nd & 4th Thursdays 2pm-4pm
Free Social Member / $10 Non-Member

Knitting S
Complimentary yarn supplied.
Every Friday 11am-1pm
Free Social Member / $10 Non-Member

Friday Art Bunch S
Join your friends while working on art.
Every Friday 1:30pm-3:30pm
Free Social Member / $10 Non-Member
Monthly Activities

Breakfast Club S
Restaurants on Social Calendar
Last Tuesdays 8:30am-10am

Genealogy Club S G
Open to anyone interested in finding and documenting their ancestors. Everyone welcome, no experience necessary. Will cover genealogy software, online family tree sites, record repositories and DNA tests.
Second Wednesdays 2pm-4pm
Free Social Member / $10 Non-Member

Card Making and Scrapbooking R S
Sessions start with make and take demo followed by working on projects you bring.
Second Wednesdays 12:30pm-3pm

Managing MS Support Group R G
You and a support person are invited to this support group for those diagnosed with MS. Light refreshments are provided.
First Wednesdays 5:30pm-6:30pm
RSVP Monday before to bpetersen@olmmed.org or kjenson@olmmed.org

Adobe Photo Software Roundtable S
Third Wednesdays 2pm-4pm
Free Social Member / $10 Non-Member

Cooking with Ken R G
Wednesdays 11am-12pm
Apr 15, May 20, Jun 17
$15 Member / $25 Non Max 15

Diabetes Support Group R G
Member and volunteer driven group working together to develop a greater understanding of diabetes and comradery. Participants are encouraged to bring a sack lunch.
Second Thursdays 11:30am-12:30pm

Directors Town Hall S F
Join the directors for 125 LIVE updates and learn more about the organization in the Lower Level Gathering Space
Final Fridays 10am-11am

Grief Support Group G
Open to all those who have experienced the loss of a person, place or object. Come explore your thoughts and feelings, experiment with ways to cope, share your stories.
Facilitator: Marianne Maruca, LP, FT
1st & 3rd Thursdays 1pm-2:30pm
Free and Open to the Public

The “Original” Book Club S
Keep your mind engaged with a new book.
Second Thursdays 10am-11am
Free Social Member / $10 Non-Member

The Preserves Concerts S F
Join the Preserves as they play your favorite tunes in the Lower Level Gathering Space.
First Fridays 10am-12pm

Member Family Day G
Join us for Member Family Day, an intergenerational afternoon at 125 LIVE for all Members and their families.
Second Saturdays 1pm-3pm
Free Member & Family / $10 Non-Member
Sue Babcock, PsyD, LP is the Clinical Psychologist at Olmsted Medical Center where she provides services to those living with depression, anxiety, stress, grief and aging related conditions. She is interested in positive psychology, mindfulness, meditation, self-compassion, and collaborating with patients toward wellbeing. As a 125 LIVE Member, Dr. Babcock enjoys the benefits of being a part of this vibrant community.

**Wellness Wednesdays R G**
Sue Babcock, PsyD, LP is the Clinical Psychologist at Olmsted Medical Center where she provides services to those living with depression, anxiety, stress, grief and aging related conditions. She is interested in positive psychology, mindfulness, meditation, self-compassion, and collaborating with patients toward wellbeing. As a 125 LIVE Member, Dr. Babcock enjoys the benefits of being a part of this vibrant community.

**2nd Wednesdays 11:30am-12:30pm**
**Apr 8** | Cultivating a Positive Attitude
**May 13** | Dealing with Difficult Emotions
**Jun 10** | Motivation
Free and Open to the Public

**Community Zumba @ 125 LIVE R G**
For all levels, Community Zumba is a high-energy fitness experience that is open to 125 LIVE members and non-members too.

**Wednesdays 6-7pm**
Must be 18 years of age or older
Free/Donations are encouraged
Registration Required

**Neighborhood Walks R G**
Join 125 LIVE staff for a springtime walk on the local pathways near 125 LIVE. We’ll explore what’s blooming and migrating. We’ll be joined by Patty Trnka, a Minnesota Naturalist volunteer, on the monthly walks. Plan to walk 2-3 miles if conditions permit. Register by 12pm the Wednesday prior to each walk. Wear sturdy walking shoes and carry water.

**Thursdays 9:30am-10:45am**
**Apr 16, May 21, Jun 11**
Free Member / $10 Non-Member

**Mobile Windshield Replacement & Repair**
(507) 252-1000
- Employee Owned and Operated
- Established 1991
- Insurance Company Approved

---

**Drop-In Martial Arts for Seniors G F**
An emphasis on a variety of martial arts forms drawn from different traditions. These forms including Tai Chi, Qigong and Okinawan Karate provide exercise without relying on speed and strength. Workouts are tuned to the individuals needs instead of belts, focusing on improving endurance, independence, and mental acuity. Instructor Dave Schuelka is a six degree black belt in Okinawan Karate, with more than 20 years of teaching experience.

**Saturdays 11am-11:45am**
Free Fitness Members | $10 Non-Member
Personal Wellness Training R F G
Create and reach your wellness goals. 125 LIVE Personal Wellness Trainers will assist you with developing a fitness routine and assist you with any fitness/wellness interests you may have. Training is flexible to schedule and budget, with prorated session ranging from 30, 45, or 60 minutes. Offered throughout the week. Contact (507) 287-1404 to schedule an appointment.

Private or Small Group Swimming Lessons R F G
Private lessons allow the freedom to structure the lesson plan to your specific skill level, creating the best results possible. Join a friend in the water and enjoy Private Swim Lessons in groups of 2-3 members; groups of 4 or more must make special accommodations. Sessions are 30 minutes in length. Offered throughout the week between 3-4pm, by appointment only. Contact (507) 287-1404 or info@125livemn.org to schedule an appointment.

Fitness Assessments R F
125 LIVE is offering Fitness Members free assessments that evaluate overall physical wellness: testing strength, aerobic function, balance, flexibility, and power. The assessments include a follow-up consultation to review results. For details call (507) 287-1404.
Free Fitness Member / $10 Non-Member

Fitness Orientation with Fitness Professionals R F
Learn to use the equipment safely and effectively. Find out which equipment might be the best fit for you, based on your interests and any special considerations you may have. Offered throughout the week. Contact (507) 287-1404 to schedule an appointment.

Staying STEADI a FREE Community Assessment Tool at 125 LIVE R G
Free for anyone over the age of 65, even non-members. This 15-minute assessment, designed to help predict your ability to maintain your independence, supervised by a certified Personal Trainer and includes a brief review of your results. Contact (507) 287-1404 or jennifers@125livemn.org to schedule an appointment.
<table>
<thead>
<tr>
<th>April in the 125 LIVE Kitchen</th>
<th>April Special Events</th>
</tr>
</thead>
</table>
| **Cooking with Ken R G**  
Outrageous or unique, this once monthly kitchen class introduces participants to cooking dishes that are unusual or unheard of. A kitchen walk-through ending in a meal.  
Wed Apr 15th 11am-12pm | **Healthy Potluck F R**  
Join 125 Live’s fitness professionals for a variety of mini workouts. Workout followed by a potluck of healthy dishes. Bring gym shoes, a healthy dish to pass and the recipe.  
Thurs Apr 15th 6pm-8pm |
| $15 Member / $25 Non-Member | $10 Fitness Member / $20 Non-Member |
|  | **Spring Flower Cupcakes R G**  
Learn to decorate beautiful flower cupcakes just in time for spring! Participants will take home half a dozen cupcakes.  
Saturday Apr 18th 10:30am-12pm  
Baker: Heather Holmes  
$35 Social Member / $52 Non-Member  
Min 5 / Max 10 | **Parkinson’s Day at 125 LIVE R G**  
Explore some of the opportunities 125 LIVE offers to help battle the progression of Parkinson’s by sampling some of 125 LIVE evidence based wellness classes; PWR and Rock Steady or something more relaxing like an art class.  
Friday Apr 10th 1pm-4pm  
Free and open to the public |
|  | **April Special Events** |
| **Cardio Drum Karaoke Party R F G**  
The stage and microphone are yours as everyone keeps the beat while this party keeps your heart rate pounding. Lunch of turkey sliders, chips and a drink are included.  
Friday Apr 3rd 10:30-12pm  
$10 Fitness Member / $15 Non-Member | **National Scrabble Day S**  
Scrabble fans join us for informal games of Scrabble in the Gathering Space. We’ll have tables set for you to drop-in for a game or two.  
Monday Apr 13th 1pm-4pm  
Free Social Member / $10 Non-Member |
| **Winona State University Nursing Student Health Fair G**  
All semester long WSU Nursing students joined us at 125 LIVE for public education events. Join them for a recap of their topics and celebrate the end of their semester with a party in their honor.  
Wednesday Apr 8th 9am-11am  
Free and open to the public | **2 Hour Zumba Dance Party R F G**  
Support our Community Fitness Classes by dancing with Mirna and the 125 LIVE Zumba crew. Light food and refreshments included. Donations collected directly support Wednesday Community Zumba classes.  
Must be 18 years of age to participate.  
Wednesday Apr 15th 6pm-8pm  
$10 Fitness Member / $20 Non-Member |
| **Gallery Opening G**  
Join us as we celebrate artwork by local creatives with live music by Amanda Jay as well as food & beer generously donated by Forager.  
Monday Apr 20th 5pm-6:30pm | **April Activities** |

(507) 287-1404
An effective golf swing requires flexibility, core strength, stability, mobility and balance. A weakness in any of these areas makes it very difficult to hit a golf ball - effectively. Join Fitness Instructor Fred to improve these areas and improve your golf game. The goal is to learn via assessments of what your swing weaknesses are and then remedy them with specific easy to learn exercises.

**Mondays & Wednesdays**
**Apr 6th - Apr 29th 4:30pm-5:30pm**
$30 Fitness Member / $65 Non-Member

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Exercises largely adapted from boxing drills, conditioning for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. With RSB at 125 LIVE, Parkinson’s disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.

**Tuesdays & Thursdays 6pm-7pm**
**Apr 7th - May 14th**
Free Fitness Member / $60 Non-Member
Min 4 / Max 12

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You have the power to save your memory. Memory makes us who we are; it helps us to stay connected to the present and helps us hold onto our favorite parts of the past.

**Wednesday Apr 8th 10am**
Free Member / $10 Non-Member

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This comprehensive classroom course will meet American Red Cross requirements. Whether your employer requires certification or you just want the peace of mind, join us.

**Saturday Apr 18th 8am-2:30pm**
$90 Member / $105 Non-Member
Min 4 / Max 8 | Sessions: One
April Fitness Events

125 LIVE’s PWR! Moves: Improved Neurological Function R F
Exercise integrating sports, fitness and more traditional gym activities such as strength, agility, balance, coordination, and flexibility training. Work independently or with partners at different stations, each with a different focus. By design this class encourages problem solving, fast processing, and sequencing. Second class will be added if first session fills based on instructor availability.

**Monday, Wednesday & Friday 10am Apr 20th - May 29th**
Free Fitness Member / $90 Non-Member
In the event of full registration a second class will be available based on instructor availability.

Introduction to Golf R F
Join Trainer Fred to learn everything you need to know about his favorite game, golf. This 1 time session is designed for those who are new to the game and would like to learn. Fred will teach you the difference between golf clubs and their purpose, basic rules, where to play locally, how to swing, score, play an actual game, physical requirements, etiquette, and anything else you’d like to know about the game. This class will take 90 minutes and then it’s off to Hadley Creek to practice on the driving range.

**Tuesday Apr 21st 10:30am-2pm**
$5 Fitness Member / $10 Non-Member
Additional golf course fees may vary, registered participants will be notified in advance of any added fees.

Cardio-Boxing with Sylwia R F
60-minute entire body workout that will make you sweat, challenge you, and help you knockout stress. Class contains three primary parts: strength & cardio conditioning, boxing, core & stretch.

**Mondays Apr 27th - Jun 1st 6pm-7pm**
Free Fitness Member/ $40 Non-Member
Will Need Hand wraps : $7
Community gloves provided, new are $32
Min 4 / Max 18

Rochester Community Pharmacy

No concern too big. No questions too small.
120 Elton Hills Lane NW | Rochester, MN | (507) 322-6124

**Registration Required**
**Fitness Members**
**General Public**
**Social Members**
This presentation will include honeybee basics, why we worry about the honeybee population, what’s wrong with the honeybees, gifts from the hive and simple things you can do to help protect pollinators.

Presented by John Shonyo, Co-Owner of the Bee Shed

**Tuesday Apr 7th 10am-11am**
Free Social Member / $10 Non-Member

**Safari in Africa R G S**
Explore Southern Africa with Jeff Jones as he takes you on safari in five Southern African countries. During the past twenty-five years, Jeff and his wife Rita have traveled nine times to this magical part of the world. Share in their adventures through slides, videos and stories. Jeff will take you from the wilds of Botswana’s Okavango Delta to the Skeleton Coast of Namibia with stops at Victoria Falls and Cape Town.

**Tuesday Apr 7th 1pm-2:30pm or Thursday Apr 9th 6pm-7:30pm**
Free Social Member / $10 Non-Member

**Introduction to DNA Concepts and Their Application to the Study of Rare Diseases G**
Executive Director Sylwia Bujak-Oliver’s husband, Gavin Oliver is Lead Bioinformatician in Mayo Clinic’s Center for Individualized Medicine. He is an Assistant Professor in Biomedical Informatics and an Associate in Health Sciences Research. Gavin was educated in Northern Ireland, joining Mayo Clinic in 2012 where he uses DNA sequencing technologies to help diagnose or treat rare genetic diseases and cancer.

**Wednesday April 8th 2pm-4pm**
Free and Open to the Public

**Sugar Scrubs & Bath Bombs R G S**
Take home two handmade sugar scrubs and one bath bomb which can be scented or not. Family and friend time is precious... come and enjoy some great bonding opportunities as you make sugar scrubs together!

**Thursday Apr 9th 9am-11am or 6pm-8pm**
$35 Social Member / $52 Non-Member

**Driving in Ireland: Wing it Around the Emerald Isle R G S**
Jeff Jones will teach tips for winging it around the “Emerald Isle”. During the 90 minute program, a variety of topics will be discussed: road conditions, driving on the left, navigating map/GPS, general sites, where to eat and how to find a B&B for the night. A photo tour of Ireland will follow the presentation.

**Tuesday Apr 14th 1pm-3pm or Thursday Apr 16th 6pm-8pm**
Free Social Member / $10 Non-Member
April Social Events

Writing for Memoirs & Personal Stories R G S
Half lesson and half workshop, participants will sharpen skills at the sentence level, get peer and professional feedback on their stories, and gain the perspective needed to take their writing to new heights and audiences. Taught by professional writer, reporter and ghostwriter Bryan Lund.

**Tuesdays April 14th-Jun 2nd 10:30am-12pm**
$75 Social Member / $112 Non-Member
Min 4 / Max 10 | Sessions: 8

Rochester Rapid Transit G
Join the Program Manager of the new Rapid Transit plan for a presentation of upcoming plans and how it will impact our community. Presentation followed by Q&A with participants.

**Wednesday April 15th 9am**
Free and open to the public

Lighten Your Heart w/ Laughter R G
April is National Humor Month and certified laugh leader, Vicki Synder, will be presenting a program on how to embrace joy! Bring a sack lunch for this lunch hour program if you’d like.

**Wednesday Apr 22nd 12pm**
Free and open to the public
Pre-registration is preferred. Walk-ins welcome based on space.

April Social Events

The Seed Library and Community Garden Impact R G
Kelly Rae Kirkpatrick introduces you to the Seed Library at the Rochester Public Library, which offers free, open-pollinated seeds and resources for planting, growing, harvesting, and seed saving. A brief introduction to the creation of gardens with a smothering technique that utilizes compostable waste-stream products will also intrigue attendees.

Kelly Rae Kirkpatrick is an Olmsted County Master Gardener on the Leadership Team heading up Local Food and Clean Water, and a Project C-Leader. Kelly was recently awarded the Olmsted County Environmental Achievement Award.

**Thursday Apr 16th 6pm-7:15pm**
Free and open to the public

(507) 287-1404
April Activities

April Social Events

Morel Mushrooms & Wildflowers R G
It’s springtime and morels, Minnesota’s state mushroom, should be popping up all over! Join Whitewater State Park naturalist, Sara Holger, to learn more about these elusive mushrooms and where to find them. We’ll also learn about our ephemeral wildflowers; ones that only bloom in early spring and then disappear once the leaves are on the trees.

Participants will have the opportunity to attend a naturalist-guided walk at Whitewater State Park on Friday, May 1st from 10am-11:30am to look for morel mushrooms and observe a bounty of wildflowers! If you wish, bring a picnic lunch and plan to picnic at the park afterward.

Friday Apr 24th 10am
Free and open to the public

April Art Activities

Asian Brush Painting R G S
This ancient Asian method of art form expresses our inspiration through breathing with animal hair brushes with black ink to paint. It is a special skill to use the brush stroke. The brush stroke will calm your mind and take you to a peaceful feeling.

Mon Apr 6th, 13th, 20th, 27th 2pm-4pm
Artist: Catherine Park
Materials: $26
$60 Social Member / $90 Non-Member
Min 5 / Max 12 | Sessions: Four

Field of Bluebells R G S
In this three day session, paint a winding path with bluebells on either side, a quaint red barn to the left and a field of wildflowers in the distance. Photo inspiration is artwork by Mikki Senkirk.

Tue & Thurs Apr 7th, 9th, 14th 10am-11:15am
Artist: Willow Gentile
Materials: Included
$50 Social Member / $75 Non-Member
Min 4 / Max 10 | Sessions: Three

How to Soft Pastel R G S
Soft pastels are dreamy and vibrant! We will be applying them to harsh black paper to create a series of drawings that will stand out. Imagery will be flowers in a vase.

Wednesday Apr 8th 12:30pm-2:30pm
Artist: Willow Gentile
Materials: Included
$45 Social Member / $67 Non-Member
Min 4 / Max 10 | Sessions: One
April Art Activities

Wine Glass Painting R G S
All art supplies including the 2 x 18.5 oz wine glass are provided. Easy to follow designs and instructions with an instructor on standby to help you out. All skill levels are welcome.
Friday Apr 10th 3pm-4:45pm
Artist: Willow Gentile
Materials: Included
$40 Social Member / $60 Non-Member
Min 4 / Max 10 | Sessions: One

Monet’s Garden R G S
Love Monet’s paintings? Learn to paint like him! In this Impressionist painting class, we will paint on a primed 16 x 20” stretched canvas of his bridge water lily garden scene.
Wed & Fri Apr 15th, 17th, 22nd 1pm-2:15pm
Artist: Willow Gentile
Materials: Included
$50 Social Member / $75 Non-Member
Min 4 / Max 10 | Sessions: Three

April Art Activities

Ink Pen Pointillism R G S
Create drawings by using only dots! In this class, you will be using illustrator pens to create black and white drawings of birds, flowers and insects. Bring to class images of your liking.
Tue & Thur Apr 16th, 21st, 23rd
10am-11:15am
Artist: Willow Gentile
Materials: Included
$50 Social Member / $75 Non-Member
Min 4 / Max 10 | Sessions: Three

Flowerpot Bird Feeder R G S
Learn how to make a simple but stylish DIY terra-cotta bird feeder using an orchid pot. It will look great in your garden and the birds will love it too!
Saturday Apr 25th 9am-11am
Artist: Anna Glenski-Kjose
Materials: Included
$30 Social Member / $45 Non-Member
Min 4 / Max 10 | Sessions: One

Waterfall Oil Pastels R G S
Energetic waterfall drawing using oil pastels. Oil pastels are a quick, fun material. In this class, learn tips and tricks on how to use them and how to make them look like a compelling oil paint.
Tue & Thur Apr 28th, 30th 1pm-2:15pm
Artist: Willow Gentile
Materials: Included
$50 Social Member / $75 Non-Member
Min 4 / Max 10 | Sessions: Two

(507) 287-1404
April Pottery Activities

Beginning Wheel Throwing R G S
Focusing on basic throwing techniques, wedging and centering. By the end of class, you will learn how to throw a cup or bowl, attach a handle and learn about the glazing firing process. No prior experience required. This course is offered in partnership with Rochester Community Education.

Mondays Apr 6th - June 1st 6pm-8pm
No class Memorial Day, May 25th
Artist: Bedo Rodriguez
Materials: Included
$150 Social Member / $225 Non-Member
Min 4 / Max 4 | Sessions: Eight

Beginning Wheel Throwing R G S
Focusing on basic throwing techniques, wedging and centering. By the end of class, you will learn how to throw a cup or bowl, attach a handle and learn about the glazing firing process. No prior experience required. This course is offered in partnership with Rochester Community Education.

Tuesdays Apr 7th - May 26th 6pm-8pm
Artist: Bedo Rodriguez
Materials: Included
$150 Social Member / $225 Non-Member
Min 4 / Max 4 | Sessions: Eight
### April Pottery Activities

#### Introduction to Clay R G S
Various hand building, wheel throwing and glazing techniques will be covered. No prior experience required. This course is offered in partnership with Rochester Community Education.
**Thursdays Apr 9th - May 28th 6pm-8pm**
Artist: Stevenson Williams
Materials: Included
$150 Social Member / $225 Non-Member
Min 4 / Max 4 | Sessions: Eight

#### Beyond Basic Wheel Throwing R G S
Focus on honing techniques of throwing on the potter’s wheel. Prior experience is required. Students may work in the pottery studio outside of class hours if they become 125 LIVE social members. Materials are included. This class is offered in partnership with Rochester Community Education.
**Saturdays Apr 18th, 25th 9:30am-12:30pm**
Artist: Katie Cossette
Materials: Included
$75 Social Member / $125 Non-Member
Min 4 / Max 4 | Sessions: Two

#### April Program Partners

#### Vascular & Venous Health R G
80 Million People in America suffer from Vein Problems. Please join us for a complimentary Educational Vein event to learn about the next generation in spider and varicose vein treatments. Discover the best possible, long-lasting outcomes for treating veins.
Presented by: JRK Medicals
**Friday April 3rd 12pm-1pm**
Free and open to the public

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**April Pottery Activities**

#### Beginning Wheel Throwing R G S
Focusing on basic throwing techniques, wedging and centering. By the end of class, you will learn how to throw a cup or bowl, attach a handle and learn about the glazing firing process. No prior experience required. This course is offered in partnership with Rochester Community Education.
**Wednesdays Apr 8th - May 27th 6pm-8pm**
Artist: Stevenson Williams
Materials: Included
$150 Social Member / $225 Non-Member
Min 4 / Max 4 | Sessions: Eight

#### Introduction to Slab Building R G S
A pottery studio orientation and several projects including: mugs and cups, wall planter pockets, pine trees, trays and tiles. Glazing instruction and well as textures and designs will be covered.
**Wednesdays Apr 8th, 22nd, 29th, May 6th, 13th 9:30am-12:30pm**
Artist: Andrea Sanders
Materials: Included
$150 Social Member / $225 Non-Member
Min 4 / Max 4 | Sessions: Five
April Activities

8 Hour Smart Driver Course R G
Minnesota states that Drivers over 55 will get a 10% discount on their insurance if they participate in an approved course. This lecture based course covers what is changing in ourselves, automobiles and roads. It covers the safety strategies an older driver can use to drive safely on our roads.
Instructor: Steve Sturm
Saturday Apr 4th 9am-5pm
$30 Member / $35 Non-Member
Min 6 / Max 40

4 Hour Driver Refresher Course R G
Every 3 years a person is required to come to a 4-hour Refresher course to continue receiving the 10% insurance discount per Minnesota Statutes. The same materials are covered plus an update to the MN laws are included.
Tuesday Apr 14th 9am-1pm
$25 Member / $30 Non-Member

Medicare 101 R G
Join us for a discussion about the basics of Medicare, when to enroll, why to enroll, what Medicare covers and the costs of Medicare. Learn about Medicare Part “A” “B” “C” and “D”.
Presented by Diane Gonzalez an Independent Insurance Agent
Monday Apr 13th 11am-12pm or Monday Apr 13th 6pm-7pm
Free and open to the public

Social Security: Make the Most of Your Benefits R G
Are you aware social security income can be taxable? Have you considered how your income would change with tax increases? Join us for a discussion regarding how your choices will impact the BIG picture.
Presenters Adam Rainey CFP®, and Nate Lovik, CFP® of Strategic Tax & Retirement.
Tuesday Apr 14th 11am-12pm
Free and open to the public

Senior Lifestyle Options R G
Finding solutions to navigate through your senior living options. This will involve learning about home healthcare versus home care, assisted living, skilled nursing and selling your home.
Presented by Kimberly Groteboer, BSN RN CDMS SRES REALTOR
Monday Apr 20th 10am
Free and open to the public

A Positive Approach to Care R G
Teepa Snow is an advocate for those living with dementia. Their mission is to help families and professionals better understand how it feels to be living with dementia challenges.
Join us as we share our knowledge and experience with you.
Presented by: Certified Public Trainers of “A Positive Approach® to Care”: Judy Strenge RN BSN Nursing Supervisor at Visiting Angels and Aimee Tucker Human Resource & Staffing Specialist at Visiting Angels
Sponsored by Visiting Angels Home Care
Monday Apr 6th 10am-12pm
Free and open to the public
Frauds and Scams hit Rochester in cycles. Learn about freezing your credit, securing your credit cards and the most recent Scams. Presenter: Darrel Hildebrant a Crime Prevention Specialist with the Rochester Police Department.

**Thursday Apr 30th 6:30pm-7:30pm**
Free and open to the public

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**May in the 125 LIVE Kitchen**

**Fondant 101 R G**
Learn how to make your own (delicious) fondant, how to cover a cake and some basic fondant decorating techniques! Participants will decorate a 6” cake that you can take home from class.

**Saturday May 16th 10:30am-12:30pm**
Baker: Heather Holmes
$45 Social Member / $67 Non-Member
Min 3 / Max 8 | Sessions: One

**Cooking with Ken R G**
Outrageous or unique, this once monthly kitchen class introduces participants to cooking dishes that are unusual or unheard of. A kitchen-walk-through that ends in a group meal.

**Wed May 20th 11am-12pm** | Bolognese
$15 Member / $25 Non-Member

**Hog Wild R G**
Join Ken as you process a half hog into cuts you would see in the supermarket. We will do some cooking, but mostly learn the process of butchering with hands-on training.

**Wednesday May 27th 11am**
$20 Member / $30 Non-Member

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**April Program Partners**

**Current Scams & Fraud Trends R G**

**May Special Events**

**Cinco de Mayo F S G**
Join 125 LIVE for complimentary chips and salsa during this Cinco de Mayo celebration in the Gathering Space! Bring your favorite dip to share if you’d like too. Margaritas will be available for purchase.

**Tuesday May 5th 1pm until chips are gone!**
Free Member / $10 Non-Member

**Fitness Assessment Day R S F**
All 125 LIVE members, including Social members, can sign-up to join 125 LIVE Personal Trainers for this free group fitness assessment. Discover areas of your personal well-being that you excel at, and areas that would benefit from improvement.

**Friday May 8th 2pm** Free Member

**Planting with Ken S F G**
Join Ken Baerg to plant the container gardens outside of 125 LIVE. Participants are welcome to donate a plant or two if they’d like. We are looking for a volunteer or two to help care for the outdoor container gardens this spring. Reach out to Jill Harkness if you are interested in volunteering.

**Thursday May 14th 3pm**
Free Member / $10 Non-Member

**Senior Prom S F**
Ken Baerg will serve as the DJ during this afternoon dance with Golden Oldies! Participants are encouraged to dress up. The event includes music, lessons and entertainment. Beer and wine are available for purchase. Bring snacks and munchies to share with your fellow dancers.

**Tuesday May 19th 4pm-5pm**
Free Member / $10 Non-Member

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(507) 287-1404
May Activities

May Special Events

Be a Millionaire Day S F G
We’ll provide Monopoly Games in the Gathering Space today. Join us for an informal game or two and see if you become a millionaire!
**Wednesday May 20th 1pm-4pm**
Free Member / $10 Non-Member

Members vs. 125 LIVE F
A friendly competition in the water as members and employees compete in a game of water volleyball. The warm water pool will be the stadium where we crown the champion team. **Friday May 22nd 9:30am** | Free Fitness Member

Older Americans’ Month Potluck R S F
We are celebrating Older Americans Month with a membership potluck. Join us for lunch and to hear success stories from those who have incorporated fitness and wellness into their lifestyles. Bring a dish to share. Beverages, plates and utensils are provided.
**Wednesday May 27th 11:30am-1pm**
Free Member / $10 Non-Member
Register by 12pm Tue May 26th

May Fitness Events

Butler’s Boxing Fitness R F
Rochester’s own Raphael Butler is sharing the amazing wellness benefits of boxing conditioning at 125 LIVE. Varied intensity boxing fitness program with strike training with cardiovascular and strength conditioning.
**Wednesdays May 13th-Jun 17th 6pm-7pm**
Free Fitness Member/ $40 Non-Member
Will Need Hand wraps : $7
Community gloves provided, new are $32
Min 4 / Max 18

First Aid CPR AED Certifications R G
This comprehensive classroom course will meet American Red Cross requirements. Whether your employer requires certification or you just want the peace of mind, join us.
**Saturday May 16th 8am-2:30pm**
$90 Member / $105 Non-Member
Min 4 / Max 8 | Sessions: One

Rock Steady Boxing Saturday R F
Exercises largely adapted from boxing drills, conditioning for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. With RSB at 125 LIVE, Parkinson’s disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.
**Saturdays May 9th-June 13th**
10am-10:45am
Free Fitness Member / $40 Non-Member
Min 4 / Max 12
### May Fitness Events

**Rock Steady Boxing Weekday R F**  
Exercises largely adapted from boxing drills, conditioning for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents.  
**Monday, Wednesday & Friday May 18th-Jun 26th 2pm-3pm**  
**Free Fitness Member / $90 Non-Member**  
Min 4 / Max 12

**Rock Steady Boxing Evenings R F**  
Exercises largely adapted from boxing drills, conditioning for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. With RSB at 125 LIVE, Parkinson’s disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.  
**Tuesdays & Thursdays May 26th-Jul 2nd 6pm-7pm**  
**Free Fitness Member / $60 Non-Member**  
Min 4 / Max 12

**Zumba & Belly Dancing R F**  
Join Rhoda & Mirna for both styles offered in one class with alternating instructors to keep everyone moving.  
**Wednesday May 20th 6pm**  
**$5 Fitness Member / $10 Non-Member**

### May Social Events

**Stroke: When Minutes Matter G**  
Stroke affects one in every six people during their lifetime. Come join a local stroke nurse to learn about common risk factors for stroke and strategies to help decrease that risk. Information will be presented on risk factors for stroke including a self-assessment tool, ways to decrease risk, signs of stroke, and what to do if someone is having a stroke.  
**Friday May 1st 10am**  
**Free and open to the public**

**Keto Diet 101 R G**  
Mounting scientific research suggests that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time. Going “Keto” is all the rage, but the diet is laden with conflicting ideas, disastrous oversimplification, and misinformation. In Keto 101 we’ll dive into this trend to understand the what, why, and how to succeed with ketogenic eating.  
**Presented by Natural Grocers**  
**Wednesday May 13th 10am**  
**Free Member / $10 Non-Member**

**Blood Pressure Awareness Event G**  
High blood pressure is a risk factor for many serious conditions including cardiovascular disease. It only takes about 5-minutes, so join us a blood pressure screening event at 125 LIVE. No registration necessary, just drop in.  
**Wednesday May 20th 9am-11am**  
**Free and open to the public**
# May Activities

## May Social Events

### Grand-Parenting Support Group G
This is an initial, informational meeting to gauge interest in scheduling a grandparent, parenting support group as a potential resource for those in this role.
Facilitated by Mike Willard.
**Tuesday May 5th 10:30am**
Free and open to the public.

### 125 LIVE Castle Quilters Bus Trip R S G
This tour will be visiting 4-5 quilt shops in western Wisconsin. Lunch is on your own and is not included in the trip fee.
**Monday May 11th 7:45am departure**
**7:30am check-in, 6pm return**
Free Castle Quilters / $25 Social Member
$35 Non-Member
Register by 12pm Monday April 13th

### You Through a Fictional Lens R S G
Our memories of past events may not always be completely accurate, so why not convert them into scintillating scenes of a fiction story instead? We’ll walk through how to start your story with action (not the high speed chase kind), and how to keep your sentences flowing. Then, depending on your writing goal, we’ll create plot points to identify more events, expanding the single scene into a short story or even the beginning of a novel. Be prepared to share some of your writing.
Instructor, Jennifer Davidson, is the author of three books in the Kody Burkoff Mystery Series and the owner of the Rochester Writing Lab.
**Wednesday May 13th 9am-10:30am**
$10 Member / $15 Non-Member
Register by Monday, May 11
Min: 4 Max: 20

### Gardening for Pollinators R G
Learn why it is important to promote pollinators in your gardens and how to grow pollinators that are important for our gardening zone.
Presenter, Tom Bellinger, is an Olmsted County Extension Master Gardener and Leadership Team Vice-Chair.
**Thursday May 7th 10am-11:15am**
Registration is requested.
Free and open to the public.

### The Healing Power of Nature R G
Research reveals that environments can increase or reduce our stress, which in turn impacts our bodies. Learn how experiencing nearby nature can help reduce stress.
Presenter, Tom Bellinger, is an Olmsted County Extension Master Gardener.
**Thursday May 14th 10am-11:15am**
Registration is requested.
Free and open to the public.

### Invasive Jumping Worms R G
Jumping worms are invading our local gardens and woodlands. Learn about this aggressive species, their effect on our soils and plant life, and ways to keep them at bay and minimize their impact.
Kelly Rae Kirkpatrick is an Olmsted County Master Gardener on the Leadership Team heading up Local Food and Clean Water, and a Project C-Leader.
**Thursday May 28th 6pm-7:15pm**
Registration is requested.
Free and open to the public.
**May Social Events**

**Ask The Pharmacist: How to be a Savvy OTC Supplement Consumer**
Is there something I can buy over the counter instead of this prescription? Is it safe to take this with my current medications? Which brand should I buy? In this interactive session, you’ll have the opportunity to learn what OTC supplements have the best evidence, as well as what to look for to ensure safety and quality and how to more safely choose supplements with respect to prescribed medications. Questions are welcome. Presented by Jeremy R. Anderson, PharmD, BCACP

**One Topic/One Hour Program**
**Monday May 18th 10am**
Free Social Member / $10 Non-Member

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**May Art Activities**

**Abstract Textural Flowers R G S**
Lots of movement and beautifully abstracted florals painted using acrylics. Paint with brushes and palette knives in this fun texture filled class.
**Tue & Thurs May 5th, 7th 12:30pm-1:45pm**
Artist: Willow Gentile
Materials: Included
$50 Social Member / $75 Non-Member
Min 4 / Max 10 | Sessions: Two

**Tulips R G S**
Join this class and paint a breezy day with large tulips. Objective in the class is to capture the warm light the tulips are basking in. Paint with acrylics on a 16 x 20” canvas.
**Wednesday May 6th, 13th 1pm-2:30pm**
Artist: Willow Gentile
Materials: Included
$50 Social Member / $75 Non-Member
Min 4 / Max 10 | Sessions: Two

**Wine Glass Painting R G S**
All art supplies including the 2 x 18.5 oz wine glass are provided. Easy to follow designs and instructions with an instructor on standby to help you out. All skill levels are welcome.
**Friday May 8th 3pm-4:45pm**
Artist: Willow Gentile
Materials: Included
$40 Social Member / $60 Non-Member
Min 4 / Max 10 | Sessions: One

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(507) 287-1404
### May Art Activities

**Strawberry Still Life R G S**  
Create a beautiful still life of strawberries. In this class, we are using an underrated material, oil pastels. Learn the trick to making your oil pastel look like a beautiful oil painting! This class is a must to add to your artistic tool box!  
**Tue & Thur May 12th, 14th 1pm-2:15pm**  
Artist: Willow Gentile  
Materials: Included  
$50 Social Member / $75 Non-Member  
Min 4 / Max 10 | Sessions: Two

**Watercolor Flower and Ink Pen R G S**  
Create vibrant floral watercolors full of personality and mood in this class. Perfect class for beginner watercolorists who want to learn the how-to’s of this elusive media. Plus, we will have some experimentation with ink pens layered on our paintings. Three paintings will be made along with practice sketches.  
**Tue & Thur May 19th, 21st 1pm-2:15pm**  
Artist: Willow Gentile  
Materials: Included  
$50 Social Member / $75 Non-Member  
Min 4 / Max 10 | Sessions: Two

**Painting on Fabric R G S**  
Up in the trees while the flowers bloom and the birds perch on the limbs. Canvas will have patterned fabric stretched over background to paint on. This lovely painting is one you must hang in your home during the spring months!  
**Wednesday May 20th, 27th 1pm-2:30pm**  
Artist: Willow Gentile  
Materials: Included  
$50 Social Member / $75 Non-Member  
Min 4 / Max 10 | Sessions: Two

### May Pottery Activities

**Ladies Night Mud & Wine R G S**  
125 LIVE is inviting all Rochester area ladies to enjoy a night out in our state of the art pottery studio! You’ll make bowls and drink wine together. This class is open to ages 18+. Wine will only be served to 21+ with an ID.  
**Friday May 15th 6:30pm-8:30pm**  
Artist: Anna Glenski-Kjose  
Materials: Included  
$24 Social Member / $36 Non-Member  
Min 4 / Max 10 | Sessions: One

**Beyond Basic Wheel Throwing R G S**  
Focus on honing techniques of throwing on the potter’s wheel. Prior experience is required. Students may work in the pottery studio outside of class hours if they become 125 LIVE social members. Materials are included. This class is offered in partnership with Rochester Community Education.  
**Saturdays May 16th, 23rd 9:30am-12:30pm**  
Artist: Katie Cossette  
Materials: Included  
$75 Social Member / $125 Non-Member  
Min 4 / Max 8 | Sessions: Two
**May Program Partners**

**Vascular and Venous Health R G**
80 Million People in America suffer from Vein Problems. Please join us for a complimentary Educational Vein event to learn about the next generation in spider and varicose vein treatments. Discover the best possible, long-lasting outcomes for treating veins.
Presented by: JRK Medicals
**Wednesday May 6th 10am-11am**
Free and Open to the Public

**Tick, Tick, Tick it’s Lyme Time R G**
Ticks that carry Lyme disease are here and very small! You will never see them without a magnifying glass of feel their bite. Minnesota is the 9th state in the nation for new cases of Lyme disease annually. See tick specimens, recognize signs and symptoms of Lyme disease, and know how to prevent tick bites.
Presenter Claire Knocke MS, MA, REHS Olmsted County Public Health Services
**Tuesday May 19th 10am–11am**
Free and Open to the Public

**What did you say? R G**
Join this One Hour One topic discussion and learn how untreated hearing loss can be bad for your health. What is the relationship between dementia and hearing loss? Tips on speaking to someone who has a hearing loss (even if they have hearing aids) and the latest technology available in hearing aids.
Presenter Dr. Amy Swain Audiologist
**Monday May 11th 10am–11am**
During One Hour One Topic
Free and Open to the Public

**May Program Partners**

**Senior Health Insurance R G**
If you are turning 65 or retiring you will have many options for health insurance which coordinate with Medicare. Come learn about different plans, specific benefits and how they differ from company to company as well as different prescription drug plans, drug tiers and co-pays. Leave this class with the knowledge you need to make the best insurance choices.
Presenters Bill Pudwell and Molly Pudwell
**Tuesday May 12th 10am–11am**
Free and Open to the Public

**Senior Living Bus Tour Is Back! R G**
8:00 Tour 125 LIVE
8:30 Coffee & Donuts
9:00-9:15 Load the Buses
9:15-1:30 Tour 8 Senior Living Communities
Space is Limited: **RSVP by calling 507-252-9110** and ask for the Senior Living Bus Tour
**Friday May 15th 8am-1:30pm**
Free and Open to the Public

**Wellness Classes**

**FREE WELLNESS CLASSES!**
EVENLY TUESDAY EVENING 6:00PM - 7:00PM
EVERY THURSDAY MORNING 11:45AM - 12:45PM
(ATTACK LIVE CENTER FOR ACTIVE ADULTS)

**Wellness Topics**
- Essential Oils for Beginners
- Better Sleep & Relaxation
- Toxin Free Living
- Pain & Inflammation

**Free Wild Orange**
ASK US WHAT WILD ORANGE ESSENTIAL OIL DOES TO RECEIVE A FREE SAMPLE!
Healthy Men and Women Needed for Study of Exercise Responsiveness

Mayo Clinic is seeking healthy volunteers 65-86 years old to participate in a research study. The purpose of this study is to understand how chronic inflammation affects muscle and the response to exercise.

Participation will last for approximately 8 months and includes 5 study visits including two separate overnight stays at the Clinical Research and Trials Unit. We will ask you to complete blood samples and needle muscle biopsies. You will be compensated for your time spent in this study.

For more information, contact Kimberly Osmundson osmundson.kimberly@mayo.edu or at (507)255-6770.

June Activities

June in 125 LIVE Kitchen

Homemade Bagels R G
Learn how to make delicious homemade bagels from scratch. Participants will take home a half dozen bagels from class.
Saturday June 6th 10:30am-12:30pm
Baker: Heather Holmes
$30 Social Member / $45 Non-Member
Min 5 / Max 10 | Sessions: One

June in 125 LIVE Kitchen

Cooking with Ken R G
Outrageous or unique, this once monthly kitchen class introduces participants to cooking dishes that are unusual or unheard of. A kitchen walk-through that ends in a group meal.
Wed June 17th 11am-12pm | Stromboli
$15 Member / $25 Non-Member
June Special Events

Cancer Survivors Week
The week will be filled with visiting speakers, discussions, activities and fun events in celebration of cancer survivors and fighters.
June 1st-7th

National Donut Day F S
Stop by the Gathering Space for a complimentary donut on this special day! As always, the coffee pot is on from 9:00 am -12:00 pm.
Friday June 5th 9:00 am until they’re gone!

Zumba Night R G F S
For all levels, this event puts an emphasis on fun over fitness. Numerous instructors will alternate leading this event, maintaining a fun pace.
Saturday June 6th 5pm-7pm
Free Member / $10 Non-Member

AARP Summer Clean-Up Day R G
Join AARP and 125 LIVE volunteers to celebrate the long days of summer and clean up outside 125 LIVE and the Rochester Recreation Center, followed by a lunch compliments of AARP. AARP will also provide gloves and trash bags for participants.
Thursday June 18th 10am–1pm
Register at 125 LIVE: Limited registration available (10 spots)
Register through AARP: Call AARP at 877-926-8300 to register or register online at https://aarp.cvent.com/BBQ125
Register by June 15.
Min 15 / Max 70

June Fitness Events

First Aid CPR AED Certifications R G
This comprehensive classroom course will meet American Red Cross requirements. Whether your employer requires certification or you just want the peace of mind, join us.
Saturday June 13th 8am-2:30pm
$90 Member / $105 Non-Member
Min 4 / Max 8 | Sessions: One

Cardio-Boxing with Sylwia R F
60-minute entire body workout that will make you sweat, challenge you, and help you knockout stress. Class contains three primary parts: strength & cardio conditioning, boxing, core & stretch.
Mondays June 15th - July 20th 6pm-7pm
Free Fitness Member/ $40 Non-Member
Will Need Hand wraps : $7
Community gloves provided, new are $32
Min 4 / Max 18

Rock Steady Boxing Saturday R F
Exercises largely adapted from boxing drills, conditioning for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. With RSB at 125 LIVE, Parkinson’s disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.
Saturdays June 27th - August 8th
10am-10:45am
Free Fitness Member / $40 Non-Member
Min 4 / Max 12

(507) 287-1404
June Activities

June Fitness Events

**125 LIVE’s PWR! Moves: Improved Neurological Function**

Exercise integrating sports, fitness and more traditional gym activities such as strength, agility, balance, coordination, and flexibility training. Work independently or with partners at different stations, each with a different focus. By design this class encourages problem solving, fast processing, and sequencing. Second class will be added if first session fills based on instructor availability.

**Monday, Wednesday & Friday 10am**
**June 8th - July 17th**
Free Fitness Member / $90 Non-Member
In the event of full registration a second class will be available based on instructor availability.

**Digestive Health 101**

Today 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.

Presented by Natural Grocers

**Wednesday June 17th 10am**
Free Member / $10 Non-Member
**June Social Events**

**Container Gardening R G**
Explore container gardening that include plants that companion well together and vegetables that do well in containers.

Presenter, Susy Olsen, is an Olmsted County Master Gardener, Leadership Team Member, Recruitment and Speaker’s Bureau Lead, focuses her gardening on shade plants, no-mow landscapes and having fun in your outdoor space.

**Thursday June 4th 6pm-7:15pm**
Pre registration is requested.
Free and open to the public.

**Native Plants of Olmsted County R G**
Using a CD, we’ll become acquainted with native plants, invasive plants and endangered plants in Olmsted County. An app to help recognize unknown plants in the United States and a webpage with an ever-growing list of the native plants, invasive plants and endangered plants of Minnesota will be shared.

Presenter, Susy Olsen, is an Olmsted County Master Gardener, Leadership Team Member, Recruitment and Speaker’s Bureau Lead, focuses her gardening on shade plants, no-mow landscapes and having fun in your outdoor space.

**Thursday June 11th 6pm-7:15pm**
Pre registration is requested.
Free and open to the public.

**June Social Events**

**Every Tree for Itself R F S**
Trees function in our environment as producers of food, space for animal homes and process carbon dioxide. During this program, participants will learn what affects a tree’s growth through studying tree rings and playing a game simulating conditions that trees endure. Bring your child or grandchild to this 125 LIVE Family Member Day program.

The instructor is Patty Trnka. Patty is a Minnesota Master Naturalist Volunteer who loves to hike in the forest and to observe the changes. Please join her for this fun and educational session.

**Saturday June 13th 1pm-2pm**
Free Member
Min 3 child/adult pairs /
Max 6 child/adult pairs
Register by 12 pm on Thursday June 11th

**Mayo Senior Sages Program Volunteers Needed R G**
Mayo Senior Sages Volunteers are needed who are: age 60 and over, enthusiastic and will to share conversation on healthy aging and able to meet with a medical student face-to-face 3-4 times during years 1 & 2 and 1-2 times during years 3 & 4. No experience in the health care field is required.

Please join Dr Chen and Dr Mendoza De la Garza for an informational session.

**Wednesday June 24th 3:30pm-4:30pm**
You may also contact Mavis Gullickson, Senior Sages Education Program coordinator, at 507-538-1073 or by email at Gullickson.mavis@mayo.edu

**(507) 287-1404**
Inspiration for this class is on historic works of art (Impressionism). We will paint on one 16” x 20” canvas. Drawing supplies will be in a myriad of materials! Including charcoal, soft pastel, oil pastel and ink pen.

**Fridays May 29th, June 5th, 12th, 19th**
9:30am-10:45am
Artist: Willow Gentile
Materials: Included
$67 Social Member / $100 Non-Member
Min: 4 Max: 10 | Sessions: Four

**Learn Painting & Drawing Basics RGS**

Inspiration for this class is on historic works of art (Impressionism). We will paint on one 16” x 20” canvas. Drawing supplies will be in a myriad of materials! Including charcoal, soft pastel, oil pastel and ink pen.

**Mondays June 1st, 8th, 15th, 22nd**
1pm-2:15pm
Artist: Willow Gentile
Materials: Included
$67 Social Member / $100 Non-Member
Min: 4 Max: 10 | Sessions: Four

**Hay Bale Landscape RGS**

Rolling hills with hay bales sprawled along is a perfect painting. We will paint this landscape using acrylics in the impressionist style of painting on a 16” x 20” canvas. This class is for all skill levels.

**Wednesday June 10th 3:45-5:30 pm**
Artist: Willow Gentile
Materials: Included
$34 Social Member / $51 Non-Member
Min: 4 Max: 10 | Sessions: One
June Art Activities

Ink Pen and Watercolor R G S
Work in watercolors and ink pens to create a beautiful and bold flower using patterns. This class is perfect for the doodler who wants to take the next artistic step!
**Wed June 17th, 24th 3:30pm-4:45pm**
Artist: Willow Gentile
Materials: Included
$42 Social Member / $63 Non-Member
Min: 4 Max: 10 | Sessions: Two

June Program Partners

Your Hearing Heath R G
Please join us to learn about how your hearing is an important part of your overall health and wellbeing.
Presenter: Beltone Hearing Aid Center Rochester
**Tuesday June 16th 11am-12pm**
Free and Open to the Public

Music Makes for a Great Day G
Enjoy a special performance by the Rochester Area Accordion Band who will play music in these areas of our daily lives:
1-Starting our day on a good note, 2-What’s Cooking 3-How We Doin? 4-Let’s Get Around 5-Ending the Day 6-Around the Campfire (Sing-along)
Sponsored by Visiting Angels – we want to provide some fun entertainment and say thank you for attending our events.
**Monday June 22nd 10am-11am**
Free and Open to the Public

Vascular and Venous Health G
80 Million People in America suffer from Vein Problems. Please join us for a complimentary Educational Vein event to learn about the next generation in spider and varicose vein treatments. Discover the best possible, long-lasting outcomes for treating veins.
Presented by: JRK Medicals
**Friday, June 5, Noon – 1 pm**
Free and Open to the Public

Outsmart the Scammers R G
We’ll discuss how to spot certain red flags that may indicate a fraudulent encounter. We’ll share resources an individual can turn to in the event they or a loved one is targeted. Also, steps you can take to protect yourself and loved ones.
Presenter: Kevin Wadley with Edward Jones
**Monday, June 15th 10am-11am**
Free and Open to the Public

Senior Lifestyle Options R G
Finding solutions to navigate through your senior living options. This will involve learning about home healthcare versus home care, assisted living, skilled nursing and selling your home.
Presented by Kimberly Groteboer, BSN RN CDMS SRES REALTOR
**Monday June 29th 10am**
Free and Open to the Public

(507) 287-1404
Program Guide Sponsors

Musical Entertainment | Walking Groups | Word Games
Strength Fitness | Happy Hour | Our Own Movie Theatre
Bingo, Card Club, Puzzles, Crafts, Dominos, Poker and more!

River Bend
Assisted Living & Memory Care

Age in Place at River Bend
Providing Assisted Living apartments, Memory Care apartments and Respite Suites

30 Silver Lake Place NW, Rochester • riverbendrochester.com

Seasons Hospice
Adding Quality of Life to Each Day

Seasons Hospice provides compassionate care and comfort to individuals at the end of life while supporting caregivers and loved ones. We deliver care wherever the patient calls home, within Rochester and a 40-mile radius. Hospice services are also available at our Hospice House located on 13 wooded acres in southwest Rochester.

Contact Seasons Hospice for more information:
1696 Greenview Drive SW Rochester, MN 55902 Phone: 507-285-1930
Email: info@seasonshospice.org Web: www.seasonshospice.org.
Kid’s Camp (Grades K-5) R G
This session is a single day program held during Rochester Public Schools’ off days from 9:00 am – 4:30 pm. The day will include: art, lunch, dance party and a movie. Children need to bring water and lunch. Popcorn will be provided for an afternoon snack.

**Fri Apr 3rd 9am-4:30pm | Spring is in the Air**
Open to grades K-5
Materials: Included
$65 ($8.66/hr) Family of 125 LIVE Member
$97 ($12.93/hr) Non-Member
Min 4 / Max 16 | Sessions: One
Register by: 12 pm March 30

You and Me Cooking R S G
(Ages 4-10 with an Adult)
Come with your favorite adult and enjoy cooking a lunch together. We’ll be making pizza, a fruit salad and homemade pudding. Not only will you make a yummy lunch together, but you will learn basic kitchen safety.

**Saturday Apr 4th 11am-1pm**
Instructor: Anna Glenski-Kjose
Materials & Lunch: Included
$25 Social Member Pair / $42 Non-Member
Min 4 / Max 10 | Sessions: One

Two Ways to Celebrate Mother’s Day!

Before Mother’s Day R G S
Kids, let’s surprise someone special in your life with a personalized plate created by you! It’s more fun than shopping and more meaningful than something from a store.

**Saturday May 2nd 1pm-3 pm**
Artist: Anna Glenski-Kjose
Open to all ages
Children must attend with an adult
$20 Social Member Pair
$8 Extra Child
$30 Non-Member Pair
Min 4 / Max 12 | Sessions: One

Mother’s Day Weekend R G S
Make reservations to enjoy juice & doughnut holes and paint a plate with someone special in your life at 125 LIVE. You and yours will make forever memories while you laugh and paint together.

**Saturday May 9th 10am-12pm**
Open to all ages
Children must attend with an adult
$35 Social Member Pair
$15 Extra Child
$52 Non-Member Pair
Min 4 / Max 12 | Sessions: One

(507) 287-1404
Visiting Angels provides non-medical in-home care, respite care, personal care, companion care, and elder care services.

visitingangels.com/
Rochester
(507) 289-1147

OMC offers many rehabilitation services to get you back to doing what you love. OMC services include physical and occupational therapy, speech-language pathology, and industrial and cardiopulmonary rehabilitation. For more information on OMC Rehabilitation Services, contact us today.

(507) 292-7222

Fernbrook Family Center provides mental health services and counseling to clients of all ages. We utilize innovative strategies and build relationships to transform lives. We meet clients where they are at by providing services in the office, in-home, or at community locations.

www.fernbrook.com
(507) 446-0431

The mission of Gift of Life Transplant House is to provide transplant patients and their caregivers with high quality, affordable accommodations in a supportive, home-like environment.

www.gift-of-life.org

www.justcallhome.com
Elder Network G
Senior Advocates provide information and assistance to those 55 and older and their family caregivers. Support 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. First come, first served. 

Tuesdays 10am-2pm
Sessions: Drop-In

Foot Care R G
A trained foot care technician provides an assessment of foot conditions, basic nail care and information on self-care and prevention. Make an appointment by calling Membership Services (507) 287-1404.

$20 Member / $27 Non-Member

Kay Plotner, RN

1st, 2nd and 3rd Thursdays 12pm-3pm
4th Thursdays 9am-12pm

Rhonda Rocap, RN
Every Other Wednesday 12pm-3pm

Rochester Reiki Retreat
Join Reiki Master Jen Schimek for a relaxing "getaway" right here at 125 LIVE. Jen has been practicing the Japanese healing art of Reiki since 2016. Using Life Force Energy, Jen helps people activate their own natural healing processes to restore physical health & emotional well-being. If you're feeling stressed out, physically sore, mentally or emotionally blocked, take some time out for yourself. Come visit Jen at Rochester Reiki Retreat for a healing session of balance and clarity.

By appointment, call (507) 398-9123 or email zenjen044@gmail.com
www.rochesterreikiretreat.com

Larry Murphy Massage
With 8 years of experience in several modalities including, Swedish, deep tissue, prenatal, Larry has worked with chiropractic offices, spas, and gyms. He’s excited to start something new at 125 LIVE. To show his appreciation for this opportunity he’s offering 20% off all massages to 125 LIVE members.

By appointment, call (507) 271-8811

Sandy Ann’s Hairstyling
In business since 1979, Sandy Ann’s offers men’s and women’s haircuts for ALL ages. Colors, perms, shampoos and blow dries.

By appointment, call (507) 282-9430
**Cancer**
This group is for survivors, fighters and caregivers. Meets before the Monday morning session of Fitness for Cancer Survivors, Fighters & Caregivers.  
**Mondays 10am-10:45am**

**Multiple Sclerosis**
You and a support person are invited to this support group for those diagnosed with MS. Light refreshments are provided.  
RSVP Monday before to bpeterson@olmmed.org or kjenson@olmmed.org  
**First Wednesdays 5:30pm-6:30pm**

**Self Care**
Sue Babcock, PsyD, LP from OMC Medical Center will lead these sessions in self care and development. You will learn how to support and treat yourself with the same kindness and understanding with which you treat others.  
**2nd Wednesdays 11:30am-12:30pm**  
Apr 8 | Cultivating a Positive Attitude  
May 13 | Dealing with Difficult Emotions  
Jun 10 | Motivation

**Diabetes**
Member and volunteer driven group working together to develop a greater understanding of diabetes and comradery. Participants are encouraged to bring a sack lunch.  
**Second Thursdays 11:30am-12:30pm**

**Grief**
Open to all those who have experienced the loss of a person, place or object that is precious. Come explore your thoughts and feelings related to your loss, experiment with ways to cope and share your stories with others.  
Facilitator: Marianne Maruca, LP, FT  
**1st & 3rd Thursdays 1pm-2:30pm**

**Parkinson Caregivers**
Those caring for someone with Parkinson’s are invited to this group. It meets during the weekly Parkinson’s Boxing classes on Saturday mornings so your loved one can box while you take a moment for yourself.  
**Saturdays 10am-10:45am**

**Recovery**
8 Dimensions approaches recovery from an entirely different perspective. Physical, Emotional, Social, and Occupational are just a few of the dimensions explored. This interactive group has become the bedrock of many successful recoveries in the area.  
**Men’s Group | Tuesdays 7pm**  
**Women’s Group | Wednesdays 7pm**

**Grand-Parenting**
This is an initial, informational meeting to gauge interest in scheduling a grandparent, parenting support group as a potential resource for those in this role.  
Facilitated by Mike Willard.  
**Tuesday May 5th 10:30am**