<table>
<thead>
<tr>
<th>Sunday</th>
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</table>
| Social Closed on Sundays | 1 Social OPEN  
9-Noon Castle Quilters Maple room |
| 7 Social Closed on Sundays | 8 Social OPEN  
9-Noon Castle Quilters Maple room  
10-11a Zoom & Live—Oak Room  
6-7 pm—Zoom Only  
1 Topic 1 Hour—Medicare 101  
Register—5 people max Oak Diane Gonzalez |
| 14 Social Closed on Sundays | 15 Social OPEN  
9:00— Noont Castle Quilters Maple Room  
10-11am: 1 Topic 1 Hour:  
16 Social OPEN  
11:00—Noon  
Your Hearing Health  
Tanya Gottlieb  
Bellone Hearing Center  
2-4p Adobe Round Table |
| 21 Social Closed on Sundays | 22 Social OPEN  
9:00-Noon Castle Quilters Maple room  
10:00-11am 1 Topic 1 Hour Healthy Teepa Snow—Part 1  
23 Social OPEN  
11:00—Noon  
Swollen Legs and Feet?  
JRK Vascular Medicine and Vein Clinic  
1:00—2:00p—Explore Zoom Online  
11:30-1p—Chicken Lunch |
| 28 Social Closed on Sundays | 29 Social OPEN  
9:00-Noon Castle Quitters Maple room  
10:00-11am 1 Topic 1 Hour Healthy Teepa Snow—Part 2 |
| Tuesday | Wednesday | Thursday | Friday | Saturday |
| 2 Social OPEN  
9-Noon Castle Quilters Maple room |
| 3 Social OPEN  
9-Noon Castle Quilters Maple room  
10:00-11:00 am  
The Original Book Club Meet & return Books |
| 17 Social OPEN  
10:00-11:00 am  
Feed Your Brain  
Natural Grocers  
Susan Askildson  
2:00—4:00 pm  
Genealogy Club Meeting  
Zoom & Live—TLC Register—8 people max  
1:00—2:30p PM  
Strawberry Still Life Painting with Willow Gentile |
| 24 Social OPEN  
10:00am—1:00 pm  
Virtual Clean-Up Day  
1:00—2:00 pm  
Explore Zoom Online  
11:30-1p—Chicken Lunch  
2:00—4:00 pm  
Coffee & Cameras |
| 30 Social OPEN  
17 Social OPEN  
10:00—11:00 am  
The Original Book Club Meet & return Books |
| Social OPEN  
Bingo 11– 12:30 pm & Zoom |
| Social OPEN  
Bingo 11– 12:30 pm & Zoom |
| Drive-In Movies  
8:30 pm Parking Opens  
9—10:30 pm Movie  
Downton Abbey |
| Social OPEN  
9-Noon Castle Quilters Maple room  
Bingo 11– 12:30 pm & Zoom |
| Social OPEN  
10:30—11:30am  
Director’s Town Hall  
Bingo 11– 12:30 pm & Zoom |
| 26 Social OPEN  
10:30—11:30am  
Director’s Town Hall  
Bingo 11– 12:30 pm & Zoom |
| Social OPEN |
| Happy 4th of July  
125 LIVE Closed |
<table>
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<th>Sunday</th>
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<th>Tuesday</th>
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<td>8:45 - 9:15 am Virtual Coffee with Friends 1:30-2:30 pm 1 Topic 1 Hour: Cancer survivors Dr. Martha Lacy, Mayo Clinic Hematologist</td>
<td>8:45 - 9:15 am Virtual Coffee with Friends 1:00—3:00 pm Mexican Train Dominoes</td>
<td>8:45 - 9:15 am Virtual Coffee with Friends 1:00—2:00 pm Explore Zoom Online</td>
<td>8:45 - 9:15 am Virtual Coffee with Friends 11:00—Noon Social Security Making the most of your benefits with Strategic Tax and Retirement 1:00—2:30pm Grief Support with Marianne Maruca</td>
<td>8:45 - 9:15 am Virtual Coffee with Friends 9– Noon Castle Quilters Noon—1:00 pm Noon—1 pm—Vascular &amp; Venous Health JRK Medicals Bingo 11– 12:30 pm &amp; Zoom</td>
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<td>8:45 - 9:15 am Virtual Coffee with Friends 10:00—11:00 am Explore Zoom Online 11:30-12:30 pm Wellness Wednesday Motivation 2:40: Genealogy Club Meeting</td>
<td>8:45 - 9:15 am Virtual Coffee with Friends 11:30-12:30 pm Diabetes Support Group 2:00—4:00 pm Coffee &amp; Cameras</td>
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<td>8:45 - 9:15 am Virtual Coffee with Friends 10:00-11am 1 Topic 1 Hour A Positive Approach to Care Part 2– Visiting Angels</td>
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**Happy 4th of July**
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| Virtual Coffee with Friends | Daily 8:45—9:15 am  
Via Zoom |
| 125 LIVE Castle Quilters | Every Monday, 9–11 am  
Meeting in the Maple Room |
| 125 LIVE Billiards | Daily 9:00 am—7:00 pm  
Billiards Room |
| Mexican Train Dominoes | Tuesdays 1—3 pm  
Via Zoom |
| 125 BINGO | Fridays, 11–12:30  
Via Zoom |

**Cancer Survivorship—Zoom Only**

Monday, June 1, 1:30–2:30 am  
Dr. Martha Lacy, hematologist at Mayo Clinic will be presenting and moderating a Cancer Survivorship hour on Zoom, discussing her practice and presenting notes on an upcoming research study project she is proposing involving blood cancer patients and Reiki. In addition to being a renowned physician in her field, Martha is a Reiki Master and pottery artisan. She lives in rural Rochester (growing up in Colorado) and is married with three grown daughters. Please join us via Zoom for what is sure to be an incredibly interesting hour.

Zoom Register Here: [https://zoom.us/meeting/register/tJwkc6trD4pEtRrYRNOLzaKGzsUz5As3DS4](https://zoom.us/meeting/register/tJwkc6trD4pEtRrYRNOLzaKGzsUz5As3DS4)

**Explore Zoom 101—Zoom Only**

Wednesday, June 3, 1:00—2:00 pm  
We'll explore this online meeting tool covering the basics and answering questions. No computer or internet? Call in from a standard phone.

For Zoom Register Here: [https://zoom.us/meeting/register/tJEqcuioqDMtGtekttqxHX_X7TsMqAYV-G](https://zoom.us/meeting/register/tJEqcuioqDMtGtekttqxHX_X7TsMqAYV-G)

**Social Security: Make the Most of Your Benefits Zoom and at 125 LIVE**

Thursday, June 4, 11:00 am—Noon (5 people max in the Oak room register at Membership services. Unlimited on Zoom register below)  
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. Free and open to the public.

Zoom Register Here: [https://zoom.us/meeting/register/tJUufGopz4oGNFFFTBCymcTqV_CghldyWcx](https://zoom.us/meeting/register/tJUufGopz4oGNFFFTBCymcTqV_CghldyWcx)

**Grief Support Group- CHANGES IN OUR LIVES**

1st & 3rd Thursday, June 4 & 18, 1:00 – 2:30 pm  
(5 people max in the Oak room register at Membership services. Unlimited on Zoom register below)  
Open to anyone experiencing loss and change especially during these unusual times. Explore feelings, and experiment with new ways to cope. Facilitator: Marianne Maruca, LP, FT

Register Here: [https://zoom.us/meeting/register/tJEvcemgpz4jGtSe6iLoPnWEU9UkSaltn3og](https://zoom.us/meeting/register/tJEvcemgpz4jGtSe6iLoPnWEU9UkSaltn3og)

**Vascular and Venous Health—Zoom Only**

Friday, June 5, Noon—1 pm  
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: Dr. Henna Kalsi, JRK Vascular Medicine and Vein Clinic.

Register Here: [https://zoom.us/meeting/register/tJEltcumuqTsEtvVNUoq2Yk3gml7WIOFD0R](https://zoom.us/meeting/register/tJEltcumuqTsEtvVNUoq2Yk3gml7WIOFD0R)

**125 LIVE Virtual "Beat the boredom" BINGO—Zoom Only**

Every Friday, June 5, 12, 19, 26 from 11-12:30 pm  
Beat the Boredom we feel with the "Stay at Home Order." Jeani Driscoll with Elder Network is offering FUN BINGO Games. Pick up your Bingo Cards in front of 125 LIVE.

Register Here: [https://zoom.us/meeting/register/tJwkc6hrjkqHNX9rJm4oaQrnkP2pyOgjb2T](https://zoom.us/meeting/register/tJwkc6hrjkqHNX9rJm4oaQrnkP2pyOgjb2T)
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<tr>
<td>Virtual Coffee with Friends</td>
<td>Daily</td>
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<td>Via Zoom</td>
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<tr>
<td>125 LIVE Castle Quilters</td>
<td>Every Monday</td>
<td>9—11 am</td>
<td>Meeting in the Maple Room</td>
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<tr>
<td>125 LIVE Billiards</td>
<td>Daily</td>
<td>9:00 am—7:00 pm</td>
<td>Billiards Room</td>
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<tr>
<td>Mexican Train Dominoes</td>
<td>Tuesdays</td>
<td>1—3 pm</td>
<td>Via Zoom</td>
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<tr>
<td>125 BINGO</td>
<td>Fridays</td>
<td>11—12:30 pm</td>
<td>Via Zoom</td>
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<tr>
<td>One Topic One Hour—Medicare 101</td>
<td>Monday, June 8</td>
<td>10:00—11:00 am</td>
<td>Zoom &amp; Live—Oak Room</td>
<td>5 people max. Join for a discussion about the basics of Medicare, when and why to enroll, what Medicare covers, and the costs of Medicare. Learn about Medicare Part &quot;A,&quot; &quot;B,&quot; &quot;C,&quot; and &quot;D.&quot; Presented by Diane Gonzalez an Independent Insurance Agent. Zoom Register Here: <a href="https://zoom.us/meeting/register/tJEpcmgtqITG9EUL_NGWVfhQx1IGfoaN7mOu">https://zoom.us/meeting/register/tJEpcmgtqITG9EUL_NGWVfhQx1IGfoaN7mOu</a></td>
</tr>
<tr>
<td>Explore Zoom—Zoom Only</td>
<td>Wednesday, June 10</td>
<td>10:00—11:00 am</td>
<td>Zoom Only</td>
<td>Explore our online meeting tool covering the basics and answering questions. No computer or internet? Call in from a standard phone. Zoom Register Here: <a href="https://zoom.us/meeting/register/tJEqcuioqDMtGte-3txqHX_X7TsnMQaYV-G">https://zoom.us/meeting/register/tJEqcuioqDMtGte-3txqHX_X7TsnMQaYV-G</a></td>
</tr>
</tbody>
</table>
| Wellness Wednesdays/Motivation—Zoom Only  | 2nd Wednesdays,    | 11:30—12:30     | Zoom Only                        | Wellness Wednesdays/Motivation—Zoom Only 2nd Wednesdays, June 10, 11:30—12:30.  
Sue Babcock, PsyD, LP (Clinical Psychologist at Olmsted Medical Center) 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. Zoom Register Here: https://zoom.us/meeting/register/tJUpcO6opz4oGNFfFTBCymcTqV_CghldyWcx |
| Genealogy Club Meeting TLC                | Wednesday, June 10 | 2:00—4:00 pm    | Unlimited people on Zoom         | Genealogy Club Meeting TLC Wednesday, June 10, 2:00—4:00 pm.  
(8 people max register at Membership services—Unlimited people on Zoom)  
Anyone interested in discussing genealogy is welcome to join in our monthly sharing sessions. We bring our questions, suggestions, and the latest news to share with the group. From rank beginner to experienced researcher, all are welcome to join and share. We will have material prepared that the group may choose to watch and discuss. Also, please join our 125 Live Facebook group for tips and updates! Zoom Register here: https://zoom.us/meeting/register/tJUuf-Gopz4oGNFfFTBCymcTqV_CghldyWcx |
(5 people max in the Oak room register v Membership services Unlimited on Zoom register below)  
Let's work together to establish a greater understanding of diabetes and develop supportive friendships. Sit down with your lunch or a healthy snack while we meet on Zoom. Zoom Register Here: https://zoom.us/meeting/register/tJUc-ocr-pj8iEtSjfYz0oLZyniWRmoDQ2q-L |
| Coffee and Cameras                        | Thursday, June 11  | 2:00—4:00 pm    | Unlimited on Zoom register below  | Coffee and Cameras Thursday, June 11, 2:00—4:00 pm.  
(5 people max in the Oak room register in Rec 1. Unlimited on Zoom register below)  
For our meetings, we'll encourage up to 20 people to submit a maximum of FOUR digital images you would like to discuss during our "Virtual" club meeting. Please use the .JPG format (images are usually best being 1024 or 2048 pixels on the long side) to Tom Severson at tsever@gmail.com and NOTE - you can start sending your photos now up to one hour before the meeting begins. Tom will need time to organize the images and prepare for the meeting. Please give this new format a try! We think you will like it! Zoom Register Here: https://zoom.us/meeting/register/tJUpdeyurzMjEtVCICUW_zmzCBUfIBeutlw |
| Drive-In Movies Saturday June 13          | Parking Lot Opens  | 8:30 pm—Movie   | 9—10:30 pm                       | Drive-In Movies Saturday June 13, Parking Lot Opens 8:30 pm—Movie 9—10:30 pm  
Downton Abbey - Written by Julian Fellowes, the movie sees the Crawley family and their loyal staff preparing for a Royal visit from the King and Queen of England. Register Here |

Register Here
# 125 LIVE Social Activities June 15—June 20

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
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<tr>
<td>125 BINGO</td>
<td>Fridays, 11-12:30</td>
<td>Via Zoom</td>
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**One Hour One Topic**

**Monday, June 15, 10:00-11:00 am** (5 people max in the Oak room, register at Membership services. Unlimited on Zoom register below)
Enjoy coffee and conversation about current events, swap stories, and memories.
Zoom Register Here: [https://zoom.us/meeting/register/tJEufuusqDgsHNSzUle72uLVkk_pz1lvsox0](https://zoom.us/meeting/register/tJEufuusqDgsHNSzUle72uLVkk_pz1lvsox0)

**Your Hearing Health**

**Tuesday, June 16, 11:00 am—Noon** (5 people max in the Cedar Room B, register at Membership services. Unlimited on Zoom register below)
We'll discuss how managing hearing loss can improve your quality of life and keep you connected to people and activities you enjoy. The Presenter is Tanya Gottlieb with Beltone Hearing Center in Rochester. Tanya chose Beltone because they deliver new technology with a quality after care program.
Zoom Register Here: [https://zoom.us/meeting/register/tJcoc-ytqDoEtHE2nVIFLtOB9QBthAkg7s](https://zoom.us/meeting/register/tJcoc-ytqDoEtHE2nVIFLtOB9QBthAkg7s)

**Natural Grocers Presents “Feed Your Brain”**

**Wednesday, June 17, 10:00—11:00** (5 people max in the Cedar Room B, register Membership services. Unlimited on Zoom register below)

Feed Your Brain: Nutrition for Concentration & Focus Do you find it hard to concentrate or focus? Do you feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? Then this class is for you. Learn the secrets of better brain health at any age.
Presenter: Susan Askildson, Nutritional Health Coach with Natural Grocers
Zoom Register Here: [https://zoom.us/meeting/register/tJMvduyspjsvHNFCpJ3N3ZXDvIvGfiKTN4kb](https://zoom.us/meeting/register/tJMvduyspjsvHNFCpJ3N3ZXDvIvGfiKTN4kb)

**Adobe Photo Software Round Table**

**Wednesday, June 17, 2:00—4:00** (8 people max in the TLC, register at Membership services—Unlimited people on Zoom)
This photography discussion session welcomes anyone who has an interest in the Adobe suite of software for processing photos, scans, and other graphic art. Photoshop (and its little brother Elements) is a tool for modifying and enhancing photographs, and is a common topic of discussion. Lightroom is a tool for cataloging large photo collections used by many professional photographers. The Adobe Creative Suite includes several other tools, and we discuss alternative vendor products.
The “focus” is on expanding the skills of members and to supplement the 125 Live photography group sessions.
Zoom Register Here: [https://zoom.us/meeting/register/tJYqde6orj4qE9UFiJN_0gyaMf1GrgntMqYvf](https://zoom.us/meeting/register/tJYqde6orj4qE9UFiJN_0gyaMf1GrgntMqYvf)

**Grief Support Group- CHANGES IN OUR LIVES**

**1st & 3rd Thursday, June 18, 1:00 – 2:30 pm** (5 people max in the Oak room register at Membership services. Unlimited on Zoom register below)
Open to anyone experiencing loss and change especially during these unusual times. Explore feelings, and experiment with new ways to cope. Facilitator: Marianne Maruca, LP, FT
Zoom Register Here: [https://zoom.us/meeting/register/tJEvcemgpz4jGtSe6iLoPnWEU9UkSaltm3og](https://zoom.us/meeting/register/tJEvcemgpz4jGtSe6iLoPnWEU9UkSaltm3og)

**Strawberry Still Life Painting with Willow Gentile**

**Thursday, June 18, 1:00—2:30 pm** (5 people max in the art room)
Learn all you need to know about acrylic painting in this 1 day class! We will be painting from observation and by photograph! All supplies included: Acrylic paints and an 8x10 canvas. This painting is for all skill levels! $32.00 Members

**Sonic the Hedgehog—** A movie for the entire family. After discovering a small, blue, fast hedgehog, a small-town police officer must help him defeat an evil genius who wants to do experiments on him.
## 125 LIVE Social Activities June 22—June 30

<table>
<thead>
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### One Hour One Topic: A Positive Approach to Care

**Monday, June 22 & 29, 10:00-11:00 am** Two sessions! (5 people max in the Oak room register at Membership services. Unlimited on Zoom register below)

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.


Register Here: [https://zoom.us/meeting/register/tJcldOGtrjwtHdcaC5_PQKCzmOOAtNfRE9XT](https://zoom.us/meeting/register/tJcldOGtrjwtHdcaC5_PQKCzmOOAtNfRE9XT)

### Swollen Legs and Feet?

**Tuesday, June 23, 11—Noon** (5 people max in the Oak room register at Membership services. Unlimited on Zoom register below)

Join us to learn: What is Lymphedema? We’ll discuss the causes and treatments. Presenter: David Strick CLT, JRK Vascular Medicine and Vein Clinic

Register here: [https://zoom.us/meeting/register/tJAAsc-6grDouEtiG0Mug6ns8v9dHBnnKEepdY](https://zoom.us/meeting/register/tJAAsc-6grDouEtiG0Mug6ns8v9dHBnnKEepdY)

### Chicken lunch on the Outside Patio

**Wednesday, June 24 11:30—1 pm** $15 per person Register at membership services by Friday, June 19, at 5 pm. Limited to 50 people.

Catered lunch and Live music.

### Virtual Clean-Up Day

**Thursday, June 25, 10:00—1:00 pm**

125 LIVE members clean up the area around 125 LIVE or your neighborhood. Take photos and post on the 125 LIVE Facebook page. No registration needed.

### Coffee and Cameras

**Thursday, June 25, 2—4 pm** (5 people max in the Oak room register at Membership services. Unlimited on Zoom register below)

For our meetings, we’ll encourage up to 20 people to submit a maximum of FOUR digital images you would like to discuss during our "Virtual" club meeting. Please use the .JPG format (images are usually best being 1024 or 2048 pixels on the long side) to Tom Severson at [tgsever@gmail.com](mailto:tgsever@gmail.com) and NOTE - you can start sending your photos now up to one hour before the meeting begins. Tom will need time to organize the images and prepare for the meeting. Please give this new format a try! We think you will like it!

Register Here: [https://zoom.us/meeting/register/tJUpdeyurzMjEtVCICUW_zmuxBCUilBEutw](https://zoom.us/meeting/register/tJUpdeyurzMjEtVCICUW_zmuxBCUilBEutw)

### Directors Town Hall

**Friday, June 26, 10:30—11:30 am** (ZOOM Meeting or a limited number of members in the Gathering Place lower Lobby)

Join the 125 LIVE Directors, Sylwia Bujak, and Ken Baerg as they share updates about 125 LIVE.

Register Here: [https://us02web.zoom.us/meeting/register/tZYude-tpj4uHdlYCeI7xPmzpWLHhpFVTBtd](https://us02web.zoom.us/meeting/register/tZYude-tpj4uHdlYCeI7xPmzpWLHhpFVTBtd)