

# October 2021 Special Events



## **125 LIVE Operations Update Dinner & Silent Auction**

**4-6 pm, Thursday, Oct. 7**

Join us for a 125 LIVE operations update outlining our recent successes, learning opportunities, and future programs while enjoying a catered meal. We will also celebrate the 125 LIVE staff members who have a 5-year anniversary this fall.

Lasagna dinner with Caesar salad and garlic toast.  
\$25 for all members and nonmembers.

**Register by October 4 at noon.**

## **Directors Town Hall**

**12-1 pm, Monday, Oct. 4, & Sunday, Oct. 24**

Stop the misinformation. Go directly to the source and ask the pertinent questions. There is always a rational thought behind every decision made by the leadership team. Join Sylwia and Ken for a monthly meeting that will allow you to stay informed, connected & involved.

## **National Coffee Day**

**9-11 am, Friday, Oct. 1**

Enjoy a fresh cup of coffee with us on National Coffee Day. Try a variety of flavors to entice your taste buds.  
Free for social members

\$2 donation encouraged for fitness & nonmembers

## **Community Talks**

**11 am-12 pm, Friday, Oct. 8**

Please join Ward 5 Council Member Molly Dennis while she moderates community discussions with topics relevant to 125 LIVE members and the Rochester community at large. This is an opportunity to get educated, ask questions on issues in our city and share ideas for a better tomorrow.

Free and open to the public.

## **Community Talks**

**11 am-12 pm, Friday, Oct. 22**

Please join Ward 6 City Council Member Shaun Palmer while he moderates community discussions with topics relevant to 125 LIVE members and the Rochester community at large. This is an opportunity to get educated and ask questions on issues in our city and share ideas for a better tomorrow.

Free and open to the public.

## **Elton Hills Bridge Construction**

The Elton Hills Bridge replacement project will begin on **Monday, October 4**. Construction of the new bridge will return the roadway to 4 lanes of traffic and provide improved pedestrian facilities. Pick up a de-tour map at membership services.

## **Friday Concerts with The Preserves**

**11 am-12 pm Friday, Oct. 1 and 15**

Join The Preserves as they play your favorite tunes and enjoy time catching up with friends old and new.

Free for 125 LIVE members | \$10 nonmembers

## **Nothing Yet Band**

**10-11 am, Friday, Oct. 8 and 22**

Enjoy listening to music with the Nothing Yet Band while having a cup of coffee and conversation in the Gathering Space.

Free for 125 LIVE members | \$10 nonmembers

## **Young at Heart Singers Present: See the USA**

**11 am-12 pm, Friday, Oct. 29**

Enjoy listening to songs & seeing the USA through music with a performance by the Young at Heart Singers.

Free for 125 LIVE members | \$10 nonmembers

## **Cops and Coffee**

**11 am-12 pm, Thursday, Oct. 21**

Enjoy a coffee break with Investigative Services from the Rochester Police Department.

Free and open to the public.

## **National Golf Day**

**11 am-1 pm, Monday, Oct. 4**

October 4th is National Golf Day and what better way to spend your day then perfecting your golf game on the driving range of Hadley Creek Golf Course. Hadley Creek will provide balls and clubs for anyone who doesn't have them. Trainer Fred will be on hand to offer tips and pointers to improve your swing.

\$10 for all members and nonmembers.

Meet at Hadley Golf Course

2390 Hadley Hills DR NE, Rochester, MN 55906

**Register by Oct. 3**

## **22 a day Ruck**

**7-9 pm, Friday, Oct. 22**

22 US veterans commit suicide each day. Join us in raising awareness for veteran suicide prevention. Because running is no fun and walking just won't do it, there is rucking! Take part in a weighted workout, either with weight in a ruck (backpack) or a weighted vest. Meet in the lobby at 7pm with a backpack, hydration, and weather appropriate clothes that you can get dirty. Workout will take place in the areas around 125 LIVE. Stay for the social hour after the workout!

\$10 for all members and nonmembers

**Register by Oct. 21**

Register by calling 507-287-1404 or stop by 125 LIVE Membership Services

**125LIVEMN.ORG**

# Special Events

## **Sekapp Orchard Tour**

**11 am, Wednesday, Oct. 13**

Join fellow members on a tour of Sekapp Orchard. Learn about the history of Sekapp, the production process, and enjoy apples and pumpkin season. Each tour includes a bag for apple picking. \$6 per person to be paid at Sekapp Orchard.

\*Meet at Sekapp Orchard

3415 Collegeview Road East

Rochester, MN 55904

**Register by Oct. 11**

## **Castle Quilters Fabric and Kit Sale**

**9 am-12 pm, Friday, Oct. 15**

Are you looking for fall and winter craft projects? Please stop by the Castle Quilters fabric and kit sale. Some of the items at the sale will include fabric bundles, fat quarters, fabric kits, cut by the yard fabric, Christmas-themed fabric, and Stampin' Up supplies. Free and open to the public.

## **Listen Actively**

**6-7:30 pm, Tues. Oct. 19: Elephant in the Room**

**9-10:30 am, Wed. Oct. 20: Inspiring Stories**

**12:-1:30 pm, Wed. Oct. 20: Been There Done That**

Listening is an art that requires attention over talent, spirit over ego, others over self. Seek to understand others. Join the National Community Resource Center and the Community Respect Project to learn the six components and how to become a good listener. Free and open to the public.

## **Member Mixer**

**3:30-5:30pm, Oct. 12 (2nd Tuesday monthly)**

A casual time to connect and laugh with other members while enjoying a myriad of activities highlighting party games, music and conversation. Happy hour-style hors d'oeuvres and alcoholic or nonalcoholic beverages are part of the fun.

Free for social members | \$10 fitness & nonmembers

**Register by Oct. 11 at noon.**

## **Halloween Zumba**

**5:45-6:45 pm, Tuesday, Oct. 26**

A fun themed evening of dancing to classic and new Halloween tunes. Costumes encouraged!

Free for 125 LIVE members | \$10 nonmembers

## **Pool School (Billiards)**

**1-3 pm, Saturday, Oct. 23**

Want to learn to play billiards or refresh your pool skills? Come from 1-3 pm and meet Dick, a licensed instructor through VNEA. He will walk you through the basics of pool, how to improve your game, or specific problems with your game. All are welcome!

Free for social members | \$10 fitness & nonmembers

**Register by Oct. 22**

## **Member Sunday Brunch & New Member Welcome**

**11am-12pm, Oct. 24 | brunch served - 11-11:30am**

Enjoy meeting new members and seeing your friends.

**Free** for members with 12 or more scans in Sept.

**Free** for new members who joined 125 in Sept.

**\$10** for members who haven't scanned 12 times.

**\$10** for nonmembers and guests (with member).

**Register by Oct. 21 at noon.**

## **Elder Network Senior Advocate**

**10 am-12p m, Tuesdays in October**

Senior Advocate Kate Jirik provides 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. Free and open to the public.

## **Prepare for Medicare**

**10-11 am, Tuesday, Oct. 5 & Tuesday, Oct. 12**

The Medicare Annual Election Period (AEP) will soon be upon us. The team at Prime Time Health Advisors have over 50 years combined experience in the Medicare marketplace. When it comes to Medicare, a person has lots of options – but all those options can make it harder to find coverage that's best for you.

Free and open to the public.

## **How to Cut the Cable Cord**

**12 pm-1 pm, Thursday, Oct. 7**

Are you sick and tired of the rising cost of cable? Do you keep hearing about things like Hulu, Netflix, and Roku but don't know what they are or how to work them? Curious about the true cost savings of "cutting the cable cord" and switching to streaming services? Attend this hour-long class to get an introduction to all of the streaming services available to you. The 45-minute presentation will be followed by a 15-minute Q&A session with the instructor.

Free for social members | \$10 fitness & nonmembers

**Register by Oct. 6**

## **Cooking With Ken: National Chocolate Day**

**3-4 pm, Thursday, Oct. 28**

Join Ken in the kitchen to learn how to handcraft homemade chocolate bars.

\$5 social members | \$10 fitness & nonmembers

**Register by Oct. 26**

## **Charcuterie Board Creation**

**10-11:30 am, Wednesday, Oct. 13**

Create and build a wooden charcuterie board in the 125 LIVE woodshop. All materials for making of the board included in the price of the class.

Instructor: Ken Baerg

\$35 social members | \$70 fitness & nonmembers

**Register by Oct. 11**

**Social Activities free for Social Members**

# Special Events & Social Activities

## Tea Towel Stamping

3:30-5 pm, Thursday, Oct. 21

Have fun decorating learning stamping techniques while creating three tea towels with stamps and paint.

Instructor: Katie Helwig

\$20 social members | \$40 fitness & nonmembers

**Register by Oct. 18**

## Fall Wreaths

7-8:30 pm, Thursday, Oct. 28

Add a touch of fall to your home with a modern fall wreath. Class participants will learn how to make a beautiful modern wreath fit for a wall or door. Materials included.

Instructor: Katie Helwig

\$65 social members | \$90 fitness & nonmembers

**Register by Oct. 22**

## 125 LIVE Tech Mates

**Mondays, 11 am - 1 pm** (In person)

**Thursdays, 11 am - 1 pm** (Zoom only)

Free classes & assistance for 125 Live social members.

Email: [125LiveTechMates@gmail.com](mailto:125LiveTechMates@gmail.com)

Include your name, phone number and a brief description of your issue.

Website: [www.125LiveTechMates.org](http://www.125LiveTechMates.org)

## Tech Mates drop-in help: tech, photo & genealogy

11 am-1 pm, Mondays in the TLC & via Zoom

11 am-1 pm, Thursdays via Zoom

Zoom Meeting ID: 895 9759 8371

Zoom Password: 665208

## Pickleball:

Social and Fitness members

Offered daily. Please see pickleball schedule for details.

## Ping Pong:

Social and Fitness members

3-5 pm, Tuesdays | 1:30-3:30 pm, Thursdays

## Game Room:

**Hand & Foot/ Canasta:** Mondays, 1-3 pm

**Cribbage:** Tuesdays & Thursdays, 9-11 am

**Pinochle:** Tuesdays, 1-3 pm

**Mahjong:** Tuesdays, 10:30 am-1 pm

**Mexican Train:** Wednesdays, 1-3 pm

**500 Cards:** Thursdays, 1-3:30 pm

**Rummikub:** Fridays, 9-11 am

**Texas Hold 'Em:** Fridays, 1-3 pm

**Bridge:** Sundays, 1-4 pm

## Castle Quilters

8am-12pm, Mondays | 8-11am, 1st & 3rd Friday

## Knitting

11:30am -1:30 pm, Fridays

## 1 Topic 1 Hour

10-11 am, Mondays

Oct. 4: Whitney Prude: whole & happy living as we age

Oct. 11: Edward Cohen: creator of EZ Calendar

Oct. 18: copper mining in the Boundary Waters

Oct. 25: Stephan Troutman: Learning Is Forever (LIFE)

## Square Dancing

12-3 pm, Tuesday, Oct. 5 and 19

12-12:15 pm: Advanced

12:30-1 pm: Intermediate

1-3 pm: Open to all

## Barn Dancing

12:15-3 pm Tuesdays, Oct. 12 and 26

12:15-1 pm: No partners. Learn basic movement, patterns, line dances, two-step, and clogging steps.

1-2:30 pm: Partner dancing. Learn easy barn dances in different formations in circles & lines.

2:30-3 pm: Social time

## Woodcarving

9 am-12 pm, Tuesdays

## Young at Heart Choir

10-11am, Wednesdays

## Music Jam Session

1-3 pm, Wednesdays

## Digital Photo Editing

2-4 pm, every 3rd Wednesday

## Exploring Photography

2-4 pm, 2nd and 4th Thursdays

## Genealogy Club

2-4 pm, 2nd Wednesday

## The "Original" Book Club

10-11am, 2nd Thursday

Oct. 14 discussion book: *Lost German Slave Girl*

## Alzheimer's Care Giver Support Group

1:30-3 pm, 1st Thursday

5-6:30 pm, 3rd Thursday

## Parkinson's Support Group

1-3 pm 3rd Thursday

## Grief Support Group

1pm-2:30 pm, 1st Wednesday

1 pm-2:30 pm, 3rd Thursday

Members, \$10 for Fitness and Nonmember

# Pottery & Art Classes

## **Intro Wheel Part II**

**6-8 pm, Monday, Oct. 4, 11, 18, and 25**

This class builds on Intro to Wheel Part I. In this class we will be working on cups, bowls and an easy plate. We will be learning how to trim, attach handles and dress up your pieces. You will also glaze something to take home.

Materials included: 25lb block of clay

Prerequisite: Intro to Wheel Part I

Instructor: Spencer Johannes

\$130 social members | \$165 fitness & nonmembers.

**Registration required by Oct. 1**

## **Throw & Stack with Clay**

**6-8 pm, Tuesdays, Oct. 5, 12, 19, and 26**

Let's turn 3 to 5 pounds of clay into a variety of shapes!

Come learn how to wheel throw a plate without centering.

Increase your knowledge in throwing taller and larger with

the stacking technique. By the end of this class, you will

learn and understand a variety of wheel throwing decorating

techniques from fluting, faceting, and chattering.

Prior experience required | 4 week session

Materials included: 25lb clay and decorating supplies

Instructor: Spencer Johannes

\$145 social members | \$195 fitness & nonmembers

Materials included: 25lb clay and decorating supplies

**Registration required by Oct. 4**

## **Morning Leaves & Tea**

**9:30-11 am, Tuesday, Oct. 12**

Come spend this fall morning enjoying tea with others while making a leaf plate. In this one-time class you will make a leaf plate using hand-building techniques. All levels are welcome. Tea & other beverages will be available.

Instructor: Anna Glenski-Kjose

\$30 social members | \$40 fitness & nonmembers

**Registration required by Oct. 11**

## **Asian Brush Class**

**2-4 pm, Mondays, Oct. 4, 11, 18, and 25**

When executed with masterful technique, a single brushstroke can convey vitality, delicacy, and contemplation - the essence of "life force" or qi (pronounced chee). This one-off class will introduce you from the basics to the advanced techniques of Asian brush painting. You will explore many different ways to simplify the brushstroke taking inspiration from nature. You will get an introduction to oriental materials and tools. Materials included.

Instructor: Catherine Park

\$86 for social members | \$116 fitness & nonmembers

**Registration required by Oct. 3**

## **Watercolor Christmas Cards for Beginners**

**11 am-12:30 pm, Tuesdays, Oct. 12, 19, and 26**

Create five beautiful greeting cards for Christmas in this beginner level water color card class. You will learn how to create greeting cards for any occasion.

Instructor: MJ Clarin

\$25 social members | \$50 fitness & nonmembers

**Registration required by Oct. 10**

## **Pottery Play Date**

**1-3 pm, Tuesday, Oct. 12 or**

**10 am-12 pm, Saturday, Oct. 16 or**

**9-11 am, Monday, Oct. 18**

Play in the mud on the potter's wheel. 125 members are welcome to come to discover the pottery studio. Tools and clay will be provided. Take a chance and spin the wheel; you may like what you make. No experience is necessary. Wear clothes you can get dirty.

Free and open to all 125 LIVE members

**Registration required prior to event**

## **Bowls, Beer & Chili**

**6-7:30 pm, Friday, Oct. 15**

Enjoy a night in our pottery studio while having homemade chili and making your very own bowl. This class is open to all ages 18+. Beer will be served only to attendees who are 21+ with an ID. Non-alcoholic beverages will also be available.

Instructor: Anna Glenski-Kjose

\$40 social members | \$50 fitness & nonmembers

**Registration is required by Oct. 14**

## **Ladies Night Mud & Wine**

**7-8:30 pm, Friday, Oct. 22**

Ladies, enjoy a night out in our pottery studio. You will make bowls and drink wine together. This class is open to ages 18+. Wine only served to 21+ with and ID.

Instructor: Anna Glenski-Kjose

\$30 social members | \$40 fitness & nonmembers

**Registration required by Oct. 21**

## **Sgraffito and Mishima Technique Workshop**

**9am-12 pm, Saturday, Oct. 23**

Students will learn the basics of the sgraffito and mishima techniques. For the sgraffito technique, we will cover leather hard pots with underglaze and carve away portions of the underglaze to reveal the clay beneath. For the mishima technique, we will apply wax resist, carve a design, apply underglaze to the carved design and then wipe away the excess.

Prerequisite: Students should come to the class with 4-8 leather hard and trimmed pieces.

Instructor: Alexis Zaccariello

\$50 social members | \$80 fitness & nonmembers

**Registration required by Oct. 20**

## **Intro Wheel Part II**

**3:30-5:30 pm, Tuesdays, Oct. 26, Nov. 2, 9, and 16**

This class builds on Intro to Wheel Part I. In this class we will be working on cups, bowls and an easy plate. We will be learning how to trim, attach handles and dress up your pieces. You will also have a chance to glaze something to take home.

Materials included: 25lb block of clay

Prerequisite: Intro to Wheel Part I

Instructors: Carolyn Real and Jeff Jones

\$130 social members | \$165 fitness & nonmembers

**Registration required by Oct. 24**



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