

# September 2021 Special Events



125 LIVE will be closed Monday, September 6 in observance of Labor Day

## \*REGISTER EARLY\*

### 125 LIVE 60th Anniversary Adult Prom

6-11 pm, Friday, October 1

Hilton Rochester Mayo Clinic

Register today for the celebration celebrating 60 years of service. The event features a Live Band, DJ, Silent Auction, Dancing | Cash Bar  
\$60 per person | \$80 VIP ticket  
\$700 for a table of 10 (Guaranteed Group Seating)

### Friday Concerts with The Preserves

11am-12 pm Friday, Sept. 3 and Sept. 17

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, Sept. 10 and 24

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

### Community Talks

11am-noon, Friday, Sept. 10

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. Different guests will participate each month, from numerous government branches. Free and open to the public.

### Be Smart Gun Safety

12-1 pm, Wednesday, Sept. 15

Join Anne Suchomel, certified presenter for Be Smart gun safety, in learning safe practices for secure storage as well as how to discuss with youth and others the importance of gun safety. Free and open to the public.

Registration required by Sept. 14.

### 125 LIVE Open House

5-8 pm, Thursday, Sept. 2

Experience all that 125 LIVE has to offer! Become a member during the open house, and the \$45 enrollment fee is waived for qualified individuals. 6-7:30 pm Join our energetic Zumba instructors for an exciting, high-energy dance party. Questions: email [info@125livemn.org](mailto:info@125livemn.org)

### Cops and Coffee

11am-Noon, Thursday, Sept. 16

Enjoy a coffee break with Lt. Ohm from the Rochester Police Department of Investigations. Free and open to the public.

### Welcoming Week Celebration

1-4 pm, Sunday, Sept. 12

September 10-19 marks "Welcoming Week" across the United States. Welcoming Week brings together people of all backgrounds to build strong connections and affirm the significance of inclusive spaces to our collective prosperity. Meet your neighbors and enjoy refreshments while learning more about the resources and opportunities available from local non-profit organizations. Free and open to the public.

### Directors Town Hall

12-1 pm, Monday, Sept 13, & Sunday, Sept. 26

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 and involved.

### Member Mixer

3:30-5 pm, Sept. 14 (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 beverage are part of the fun.

Free for social members | \$10 fitness & nonmembers

Registration required by noon on Sept. 13.

### Top Ten Myths about Estate Planning

9-10 am, Sept. 14

6-7 pm, Sept. 16

Learn the tips and traps for an effective estate plan that will minimize expenses and taxes to efficiently meet your goals. Utilize wills, trusts, health care directives, and power of attorney documents to your best advantage.

Presented by Attorney Judi Wilson.

Free and open to the public.

Registration required prior to event.

### Listen Actively

The National Community Resource Center and the Community Respect Project

12-1:30 pm, Tuesday, Sept. 14

6:30-8:15 pm, Tuesday, Sept. 14

11:45am-1:45pm, Wednesday, Sept. 15

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.

# Special Events

## Art Reception

**5:30-6:30 pm Sept. 20**

Join us to learn about the artists who are currently exhibiting at 125 LIVE. A short presentation at 5:45 by our Art Gallery Curator, Beth Sievers, will be followed by a self-guided tour of the artists' work. Light refreshment provided.

Free and open to the public.

**Registration required by Sept. 19.**

## Learn Chess at 125 LIVE!

**Sept. 23 11am-Noon**

Did you take up chess or watch the Netflix series "Queen's Gambit" during the pandemic? If you want to learn how to play chess or improve your game, Rochester Chess Club will help you!

Free for 125 LIVE social and fitness members.

**Registration required by Sept. 22.**

## Date Night Fun!

**7-8:30 pm Fridays**

**Sept. 24; Oct., 1, 8, 15**

What do you want to do this weekend? 125 LIVE has the answer! Date night plans have been made for you. Come and enjoy spending time with a loved one trying new activities together.

Sept. 24: Let's Get Cooking: Unconventional Pizzas

Oct. 1: Pottery Studio Fun: Intro to pottery techniques

Oct 8: Learn to Play Billiards

October 15: Partner Yoga

\$50 Per person social member

\$75 per person fitness or nonmember.

**Registration required prior to event.**

## Community Talks

**11 am–Noon Friday, Sept. 24**

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. Different guests will participate each month from numerous government branches. 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.

## 125 LIVE Tech Mates

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

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

Free classes and personal 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)

## Member Sunday Brunch and New Member Welcome

**10-11am, Sept. 26. (last Sunday monthly)**

**10-10:30am - brunch served**

Enjoy meeting new members and catching up with all members.

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

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

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

**\$10** for nonmembers and guests: limit of 6 per member.

Must be accompanied by a participating member.

**Registration required by September 23**

## Elder Network Senior Advocate

**10am–Noon, Tuesdays**

Senior Advocate, Kate, Jirik, 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.

Free and open to the public.

## Specialty Classes

### Exploring Beaded Jewelry

**10am-Noon, Wednesday Sept. 15, 22, and 29th**

Working with seed beads, learn the process of peyote stitch and bead crochet! Then, make earrings, bracelets, or necklaces. All materials provided, but feel free to bring additional beads, buttons, and charms!

Instructor: Chris Allen

\$70 Social Member | \$100 fitness or nonmember

**Registration is required by Sept. 14**

### Gongfu Cha: Mindfulness with Tea

**10:30-Noon, Saturday, Sept. 18**

Gongfu Cha roughly means "tea with skill" it's a traditional Chinese method of making tea gradually, step by step. Every cup of tea will be unique with new tastes and aromas. You will receive all of the equipment and tea required to learn how to brew your own traditional Chinese tea with delicious and fresh artisanal teas.

Instructor: Lanse Kyle

\$25 Social Member | \$50 fitness or nonmember

**Registration required by Sept. 11**

### Pool School (Billiards)

**1-3 pm, 3rd Saturday monthly, Sept 18**

Want to learn to play billiards or refresh your pool skills? Drop in anytime between 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 or nonmembers

**Registration required by Sept. 17.**

# Social Activities

## Castle Quilters

8 am–Noon, Mondays  
8-11 am, 1st & 3rd Friday

## 1 Topic 1 Hour

10-11 am, Mondays

Sept .6: Closed

Sept.13: "Base Ball before it was Baseball. A history of the National Pastime Presenter: Corky Gaskell. Captain - Roosters Base Ball Club of Rochester.

Sept. 13 Planning session for future 1 Topic 1 Hour

Sept. 20: Topic of Interest

Sept. 27: This week in our Community

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

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

11am-1pm, Thursdays via Zoom

Zoom Meeting ID: 895 9759 8371

Zoom Password: 665208

## Hand & Foot and Canasta

1–3 pm, Mondays

## Coloring Craze

1–2 pm, Mondays and Thursdays

## Woodcarving

9 am–12 pm, Tuesdays

## Cribbage

9–11am every Tuesday and Thursdays

## Square Dancing

12–3 pm, Tuesday, Sept. 7 and 21

12–12:15pm Advanced,

12:30-1 Intermediate,

1-3 pm open to all

## Barn Dancing

12:15 - 3 pm Tuesdays, Sept. 14 and 28

12:15-1pm no partner dancing. 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.

2:30-3pm social time

Social and fitness members free / nonmembers \$10

## Pinochle

1-3 pm, Tuesdays

## Mah Jong

10:30a m-1p m, Tuesdays

## Alzheimer's Care Giver Support Group

1:30–3 pm, 1st Thursday

5–6:30 pm, 3rd Thursday

## Young at Heart Choir

10–11 am, Wednesdays

## Ping Pong

Social and Fitness Members

3-5pm, Tuesdays

1:30 - 3:30pm, Thursdays

## Cops and Coffee: Investigations Unit

11am–Noon, 3rd Thursday

## Mexican Train

1–3 pm, Wednesdays

## Music Jam Session

1–3 pm, Wednesdays

## Digital Photo Editing

2–4 pm, every 3rd Wednesday

## Genealogy Club

2–4pm, 2nd Wednesday

## Grief Support Group

1pm–2:30 pm, 1st Wednesday

1 pm–2:30 pm, 3rd Thursday

## The "Original" Book Club

10–11 am, 2nd Thursday

Sept 9 discussion book: *Shop of Yesterdays*

Oct 14 discussion book: *Lost German Slave Girl*

## 500 Card Game

1–3:30 pm, Thursdays

## Parkinson's Support Group

1-3pm 3rd Thursday

## Exploring Photography

2–4 pm, 2nd and 4th Thursdays

## Rummikub

9–11 am, Fridays

## Knitting

11:30 am –1:30 pm, Fridays

## Texas Hold 'Em

1–3 pm, Fridays

## Art with Friends

1:30–3:30 pm, Fridays

## Bridge

1-4 pm, Sundays

## Pickleball

Social and Fitness members

Offered daily. Please see pickleball schedule

# Pottery Studio Classes

## Beginning Wheel Throwing

**9-11 am, Wednesdays, Sept. 1 - Oct. 20 (8 sessions)**

We'll be exploring 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 is required.

Materials included: 25lb clay and decorating supplies

Instructor: Jeff Jones

\$200 social | fitness or nonmember \$279

**Registration required by August 31.**

## Intermediate Wheel Throwing

**6-8 pm, Thursdays, Sept. 2 - Oct. 21 (8 sessions)**

Advance your technical skills in wheel throwing by improving your height, wall thickness, trimming, and clay control. By the end of this class, you will learn the 3 pull rule, transform a cylinder into a variety of forms and refine your technical skills in wheel throwing.

Prior experience is required.

Materials included: 25lb clay and decorating supplies

Instructor Spencer Johannes

\$200 social member / \$279 fitness or nonmember

**Registration required by September 1.**

## Ladies Night Mud and Wine

**7-8:30 pm, Friday, Sept. 3**

Ladies, enjoy a night out in our state-of-the-art pottery studio. You will make bowls and drink wine together.

This class is open to ages 18+.

Wine only served to 21+ with an ID.

Instructor: Anna Glenski-Kjose

\$30 social member | \$40 fitness or nonmember

**Registration required by Sept. 2.**

## Intro to Wheel Part I

**6-8 pm, Sept 7,14,21,28**

This is part one of a two-part series. Check out the wheel to see if it is for you and learn the basics of wheel throwing. Students will use studio clay and tools to learn centering and pulling cylinders. Most pieces will be cut apart to see the wall shape. At the end of the class, you should center, pull and shape a mug, which gets you ready to move into other forms. Generally, you won't be taking anything home from these sessions. That happens with Part 2. No prior experience is required. Part II class will run October 4-25

Artist: Spencer Johannes

Price \$70.00 social member / \$105 fitness and non-member

**Registration required by Sept. 6**

## Mimosas and Mud

**10:30 am-Noon, Sunday, Sept. 5**

125 LIVE is inviting all Rochester area ladies to enjoy a late morning in our state-of-the-art pottery studio! You will make bowls and enjoy mimosas together. This class is open to ages 18+. Mimosas will only be served to 21+ with an ID. Nonalcoholic beverages are also available.

Artist: Anna Glenski-Kjose | Materials Included

\$30 social member / \$40 fitness or nonmember

**Registration required by Sept. 4.**

## Pottery Pumpkins & Hard Apple Cider

**7pm - 8:30 pm, Friday Sept. 24**

Enjoy a fall evening in our state-of-the-art pottery studio! You will be making pumpkins and enjoying hard apple cider. This class is open to ages 18+. Hard apple cider will only be served to 21+ with an ID. Nonalcoholic beverages available.

Artist: Anna Glenski-Kjose Materials: Included.

\$30 Social Member / \$40 fitness or nonmember

**Registration required by Sept. 23.**

## Intro to Wheel Part I

**3:30-5:30pm, Tuesdays, Sept. 28; Oct. 5, 12, 19**

This is part one of a two-part series. Check out the wheel to see if it is for you and learn the basics of wheel throwing. Students will use studio clay and tools to learn centering and pulling cylinders. Most pieces will be cut apart to see the wall shape. At the end of the class, you should center, pull and shape a mug, which gets you ready to move into other forms. Generally, you won't be taking anything home from these sessions. That happens with Part II. No prior experience is required.

Part II class will run October 26-November 16.

Artist: Carolyn Real

Price \$70 social member | \$105 fitness or non-members

**Registration required by Sept. 27.**

## Pottery Play Date

**1-3 pm, Tuesday, Sept. 14 or**

**10am-12pm, Saturday, Sept. 18 or**

**9-11 am, Monday, Sept. 20**

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 once

**Registration required prior to event**



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