

Pottery Play Date

10am-12pm, Saturday, January 8
9-11am, Monday, January 10
1-3pm, Tuesday, January 11
6-8pm, Wednesday, January 26

Play in the mud on the potter's wheel. All 125 LIVE 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 for 125 LIVE members | \$10 nonmembers

Registration required. Class may only be taken once.

Intermediate Wheel Throwing

6-8pm, Tuesdays, January 4 - February 22 (8 sessions)

In this eight-week course, we will advance your technical skills in wheel throwing by improving your height, wall thickness, trimming, and control of the clay. By the end of class, you will learn the 3 pull rule, be able to transform a cylinder into a variety of forms, and refine your technical skills. Prior wheel throwing experience required. The studio provides unlimited practice clay for our use. Class fee includes all tools, 25-pound bag of clay, and membership to pottery studio for duration of class.

Instructor: Spencer Johannes

\$200 social members | \$250 fitness & nonmembers

Registration required by December 31.

Abstract Painting for Beginners

11:30am-1:30pm, Tuesdays, January 4 - February 1 (5 sessions)

Artists learn how to shift to the right side of the brain creating eight to 10 4x4 ink drawings. One of these drawings will be used to replicate into an acrylic painting. This workshop is set for the inquisitive mind, creating originality and the dare to explore.

Instructor: Miriam Knuth

\$275 for social, fitness and nonmembers

Supply list given at registration

Registration required by January 3.

Stacking With Clay

6-8pm, Thursdays, January 6 - February 3 (5 sessions)

In this five-week course, we will turn 3 to 5 pounds of clay into a variety of shapes! Learn how to throw a plate without centering. Increase your skills by learning to throw larger and taller pieces with the stacking technique. By the end of the class, you will learn a variety of wheel throwing decorating techniques including fluting, faceting, and chattering. Class fee includes all tools, 25-pound bag of clay, and membership to pottery studio for duration of class.

Instructor: Spencer Johannes

\$150 social members | \$200 fitness & nonmembers

Registration required by January 3.

Asian Brush Painting Beginner and Continuing

2-4pm, Mondays, January 10 - 31 (4 sessions)

When executed with masterful technique, a single ink brushstroke is conveying vitality, delicacy, and contemplation-the essence of Chinese philosophy and spirit. It is the "life force" or chi that an artist aspires to capture and express through brush painting. January is the winter season. Learn to write simple Chinese calligraphy and paint seasonal flowers appropriate for winter cards.

Instructor: Catherine Park

Materials: If you do not have the following materials, bring \$25 the first day of class to be paid to the instructor : 3 brush set, ink bottle, rice paper \$61 social members | \$91 fitness & nonmembers

Registration required by January 9.

Painting Soft and Hard Edges

11:30am-1:30pm, Thursday, January 27

This workshop is for the inexperienced artist. You will work with massing, hard and soft edges and light. The benefit is to experience the feeling of the medium.

Instructor: Miriam Knuth

Supply list given at registration.

\$45 social member | \$60 fitness or nonmember

Registration required by January 25.

Anyone Can Throw

6-8pm, Friday, January 14

It's a new year and that means trying new things! So why not try out a pottery class? In this class we will be exploring the very beginning of wheel throwing in a relaxed atmosphere. You will be guided in understanding the basic steps and the tools used.

Instructor: Anna Glenski-Kjose

\$45 social members | \$65 fitness & nonmembers

Registration required by January 12.

Ladies Sip & Paint

5-6:30pm, Saturday January 15

What's not to love? If you love wine (or like to give gifts to wine-loving friends), having a custom-painted wine glass is just the thing. You can now enjoy a girls' night out of a different kind. One wine glass is included in the price. Additional glasses will be available for purchase.

Instructor: Anna Glenski-Kjose

\$30 social members | \$50 fitness & nonmembers

Registration required by January 13.

Ladies Mimosa & Mud

10:30am-12pm, Saturday, January 22.

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 all ladies 18+. Mimosas will only be served to those 21+ with a valid ID. Nonalcoholic beverages also available.

Instructor: Anna Glenski-Kjose

\$40 social members | \$45 fitness & nonmembers

Registration required by January 21.

New Year's Open House

9am-12pm, Saturday, January 1

Celebrate the new year with 125 LIVE! Start 2022 by making your health and wellness a top priority. Come to our open house and experience everything that 125 LIVE offers. Enjoy coffee while touring the facility with one of our staff or volunteers. Become a member during the open house, and we will waive your \$50 enrollment fee!

125 LIVE Talent Show

11am with lunch to follow, Wednesday, January 26

Join us as we highlight the talents of our 125 LIVE members. Interested in sharing your talent? Email Robin at programming@125livemn.org by **Wednesday, January 19** if you would like to perform.

The event open to all who would like to attend. No registration is required to watch the show.

Lunch is complimentary for social members and performers | \$10 fitness and nonmembers

Registration for the lunch is required by January 24.

Coffee with Sylwia and Ken

11am-12pm, Monday, January 3

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

Rochester Women's Magazine Jan/Feb Release Party

10am-12pm, Friday, January 7

Join us for the release party at 125 Live. Meet the women who make the magazine happen, as well as many of our local advertisers! We'll have door prizes, a photo booth and some light refreshments. Free and open to the public

Friday Concerts

Free for 125 LIVE members | \$10 nonmembers

Complimentary sweet treat provided for social members. Fitness & nonmembers may purchase treat.

January 7 10:30-11:30am: The Preserves

January 14 10:30-11:30am: Ageless Music

January 21 10:30-11:30am: The Preserves

January 28 10:30-11:30am: Ageless Music

Nature Heals

12-1pm, Tuesday, January 18

Olmsted County Extension Master Gardener volunteers Jane Barton and Susy Olsen will share their knowledge of the healing power of nature to improve health & wellbeing. Learn about adding plants to existing gardens to heighten sensory experiences for sight, sound, smell, touch, and taste.

Free and open to the public.

Registration required by January 17.

Zumba Master Class

6:30-7:30pm, Friday, January 7

Join Markee Huinker for a fun night of dancing followed by margaritas and socializing, Open to public.

\$10 for all members or nonmembers

Registration required by January 6

Member Mixer Game Day

4-5:30pm, Tuesday, January 11

Enjoy a drink and appetizers this month while socializing with friends. Play classic games like Yahtzee, Skippo, and Uno.

Social members free | \$10 fitness & nonmembers.

Registration required by January 10

Tai Chi Chih

9-9:45am, Fridays, January 14—February 25

Learn a gently flowing movement meditation designed to help with pain management and daily stress reduction. This is a 6 week progressive class. No drop in allowed.

Free for 125 LIVE members

Registration required by January 13.

Community Talks

11:30am-12:30pm, Fridays

January 14 with Council Member Patrick Keane

January 28 with Senator David Senjem

11:30-11:45 social and mingle,

11:45-12:30 discussions.

Discuss topics relevant to 125 LIVE members and the Rochester community. Learn about your community, ask questions on issues, and share your input your ideas for a better tomorrow.

Social members receive light refreshments.

Fitness or nonmembers may purchase refreshments.

Free and open to the public.

Lunch and Learn Series - Technology Tools

12-1pm, Friday, January 7

This is a new discussion group series about the resources available for adults who desire to "age in place." Learn about the tech tools available to support independence, such smart home devices, remote monitoring, home safety, and video chat.

Moderator: Cheryl Thode

- Open to the public and free to attend

- Complimentary lunch for social members

- \$5 for fitness and nonmembers to enjoy the lunch

- May attend without having lunch

Registration required by January 5.

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

Special Events

Estate Planning

11am-12pm or 7-8pm, Wednesday, January 19

Johnson/Turner Legal offers an informative and eye-opening presentation to bring awareness that estate planning does not have to be complicated or expensive; it just needs to be done. Did you know that if you don't have a plan in place, the State of Minnesota has one for you? Unfortunately, you may not like it. All are welcome! Free and open to the public

Registration required by January 17.

Listening is an Art Series

6:30-8pm, Tuesday, January 18

"Sounds of silence"

9-10:30 am, Wednesday, January 19

"Listening makes \$\$\$ and sense a business version"

Noon-1:30 pm, Wednesday, January 19

"Inspiring and intriguing stories: yours and mine"

Registration required by January 17.

Creative Cooking: National Popcorn Day

1-2pm, Wednesday, January 19

Have some fun with Robin in the kitchen making different kinds of popcorn treats from sweet to savory.

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

Registration required by January 17.

Taxes 101

2-3pm, Thursday, January 20

Learn about the common tax benefits you might be missing as you prepare your taxes. David Oeth from VITA Tax will share this information with you.

Free and open to the public

Registration required by January 18.

Cops and Coffee

11am-12pm, Thursday, January 20

Enjoy a coffee break with Craig Anderson, a Patrol Lieutenant for the Rochester Police Department.

Free and open to the public.

How to Clear Your Phone Storage

12-1pm, Thursday, January 20

Every time you take a photo or try to download something, does your phone tell you that your storage is almost full or ask you to spend money on additional storage? During this informational session, we will discuss why that happens, how to see how much storage you've used, and tips to clear out some space so you can continue using your phone without that notification. This class is for smartphone users only (iPhone or Android). During registration, please indicate what type of phone you have.

Instructor: Katie Helwig

Social members free | \$10 fitness & nonmembers

Registration required by January 18.

Google Overview

10-11am, Saturday, January 22

Google has many features to enhance your computer experience. Learn the basics and ask questions.

Instructor: Katie Helwig

Social members free | \$10 fitness & nonmembers

Registration required by January 20.

Woodshop: Table Saw 101

3-4pm, Thursday, January 20

Free for woodshop members

\$10 for social, fitness, & nonmembers

Registration required by January 18.

Lunch and Learn Series—Living Independently

Senior Housing—What Are My Options and next steps?

12-1pm, Friday, January 21— Lunch served 11:30-11:50 am

Learn about the senior housing options available in Rochester. What types of housing and resources are available? What plans should I be considering? What is senior congregate living? How can I explore this more?

Presenters: Rachael Paddock from Arbor Terrace and Kate Jirik from Elder Network.

-Open to the public and free to attend

-Complimentary lunch for social members

- \$5 for fitness and nonmembers to enjoy the lunch

- May attend without having lunch

Registration required by January 19.

Rochester Friends: MIA Friends of the Institute Present: A Docent's View of the Mayo Art Collection, Part II

Coffee at 10:15am, lecture at 10:30am

Thursday, January 27

Lecturer: Andrew Good, Mayo Emeritus

The Rochester Friends is an affiliate committee of the MIA Friends of the Institute, an organization of members dedicated to supporting, enhancing, and sustaining the collections, programs, and influence of the Minneapolis Institute of Art.

Free and open to the public

Sunday Member Brunch and New Member Welcome

11:30am-12:30pm, Sunday, January 30

Brunch served 11:30am-12pm

Enjoy meeting new members and socializing.

Free for members with 12 or more scans in December.

Free for new members who joined in December.

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

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

Registration required by Thursday, January 27 at 12pm.

Elder Network Senior Advocate

10am-12pm, Tuesdays in January (Except the 11th)

Senior Advocate Kate Jirik provides information and assistance to those 55 and older and their family caregivers. Get help with community resources such as housing, home care and transportation or solving 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 programs.

Free and open to the public.

Social Activities

Castle Quilters

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

Knitting

12:30pm-2pm, Tuesdays

11:30am-1:30pm, Fridays

1 Topic 1 Hour

10-11am, Mondays

January 3: Senior Linkage

January 10: Favorite family recipes and samples

January 17: LIFE Program

January 24: TBD

January 31: TBD

Woodcarving

9 am-12pm, Tuesdays

Young at Heart Choir

10-11am, Wednesdays - NO JANUARY MEETINGS

Music Jam Session

1-3pm, Wednesdays

Exploring Photography

2nd and 4th Thursdays 2-4pm

Genealogy Club

2-4pm, 2nd Wednesday

The "Original" Book Club

10-11am, 2nd Thursday

January 13 discussion book:

"The Art of Racing in the Rain"

Alzheimer's Care Giver Support Group

ONLINE ONLY

Call Lynne at 507-254-2979 for online meeting link

1:30-3pm, 1st Thursday

5-6:30pm, 3rd Thursday

Parkinson's Support Group

1-3pm, 3rd Thursday

Grief Support Group

1pm-2:30pm, 1st Wednesday

1 pm-2:30pm, 3rd Thursday

125 LIVE Tech Mates

Mondays, 11am - 1 pm (In person and Zoom)

Thursdays, 11am - 1pm (In person and Zoom)

Free classes & assistance for 125 Live social members.

Email: 125LiveTechMates@gmail.com

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

Website: www.125LiveTechMates.org

Tech Mates drop in tech, photo & genealogy help

11am-1pm, Monday & Thursday in TLC or Zoom

Zoom information:

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

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

Game Room:

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

Cribbage: Tuesdays & Thursdays, 9-11am

Pinochle: Tuesdays, 1-3pm

Mahjong: Tuesdays, 10:30 am-1pm

Mexican Train: Wednesdays, 1-3pm

500 Cards: Thursdays, 1-3:30pm

Rummikub: Fridays, 9-11am

Texas Hold 'Em: Fridays, 1-3pm

Mexican Train: Fridays, 1-3pm (GATHERING SPACE)

Bridge: Sundays, 1-4pm

Square Dancing

12-3pm, Tuesday, January 4 and January 18

12-1pm: Learn the steps to square dancing

1-3pm: Square dance calling

Dance Mixer

12:15-3pm Tuesdays, January 11 and January 25

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

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

2:30-3pm: Social time

Social Activities free for Social Members, \$10 for Fitness and Nonmembers