

Pottery Play Date

9-11am, Monday, May 2

6-8pm, Monday, May 9

1-3 pm, Tuesday, May 10

10am-12pm Saturday, May 14

Play in the mud and on the potter's wheel. 125 LIVE members are welcome to come 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 | Class may only be taken once

Registration required 2 days before the class date.

Asian Brush Painting: Beginner and Continuing

2-4pm, Mondays, May 2-23 (4 sessions)

When executed with masterful technique, a single ink brushstroke conveys vitality, delicacy, and contemplation - the essence of Chinese philosophy and spirit. The "life force" or chi that an artist aspires to capture and express is through brush painting. Each month will feature a different focus.

Instructor: Catherine Park

If you do not have the following materials, bring \$25 the first day of class to pay for materials - 3-brush set, ink bottle, rice paper.

\$61 social members | \$91 fitness & nonmembers

Registration required by May 1.

Acrylic & Mixed Media Painting

10am-12pm, Wednesdays, May 4-25

In class, we will: review composition, color mixing, and select your own composition from the photos as well as images and color scheme. It will be hard work. You will make mistakes! That is a given. The artist problem solves and the end result is so much better as a result! Just jump in. Be brave. Experiment. It is the best thing ever to create something that no one else has made! Supply list provided upon registration.

Instructor: Paula Eickman

\$60 social members | \$80 fitness & nonmembers

Registration required by May 2.

A Mother's Morning

10:30am-noon, Saturday, May 7

Try your hand at working on the pottery wheel and celebrate Mother's Day by spending some quality time together or making the women you look up to the perfect gift! To help celebrate, pastries and mimosas will be served. Mimosas will only be served to 21+ with ID. Non-alcoholic beverages also available.

\$35 social members | \$45 fitness & nonmembers

Instructor: Anna Glenski-Kjose

Registration required by May 5.

Make a Face!

7-8:30pm Tuesday, May 10 and May 24 (2 sessions)

In this hand building pottery class, you will make a whimsical planter with a face to decorate your space. Class includes instruction and hands on building with firing of the planter. Plant will not be included in the class.

Instructor: Anna Glenski-Kjose

\$35 social members | \$45 fitness & nonmembers

Registration required by May 6.

Yes, everyone really is an artist!

1-3pm or 6:30-8:30pm, Tuesday May 17

Have fun trying your hand at acrylic painting and learn how to tap into your creativity. Learn basic color theory while mixing colors. You choose the subject, which is part of the fun! Materials will be provided.

Instructor: Julie Johns

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

Registration required by May 15.

Easy Beaded Bracelet Making

11am-12:30pm, Wednesday, May 18

Create your beautiful bracelet using your own imagination and KaraLynn Jewelry's quality beads and accessories. This class will be all about having fun and making a bracelet that you will enjoy to wear, or you can gift to someone special.

Instructor: KaraLynn Jewelry

\$45 social members | \$55 fitness & nonmembers

Registration required by May 16.

Berry Bowls and Summer Drinks

7-8:30pm, Friday, May 20

Summer is right around the corner and we can't wait! Come hand build your own berry bowl to use once those berries come in. This class is open to ages 18+. Summer Drinks will only be served to 21+ with ID. Non-alcoholic beverages are also available.

Instructor: Anna Glenski-Kjose

\$35 social members | \$45 fitness & nonmembers

Registration required by May 18.

Intro to Wheel Part I

6-8pm, Tuesdays, June 7, 14, 28, & July 5 (4 sessions)

No class on June 21

In this four-week class, we will cover basic wheel-throwing techniques. The studio provides unlimited practice clay for our use. All tools are included in the class fee.

No prior experience is required.

Instructor: Katie Cossette

\$75 social members | \$110 fitness & nonmembers

Registration required by June 5.

Trimming Boot Camp

1-4pm, Saturday, June 11

Looking to improve and fine-tune your pottery wheel trimming skills? Look no further! In this 3-hour class, you will learn various tips and tricks to help you finish your wheel-thrown pieces with beautifully trimmed bottoms. You will be provided 2-3 pre-thrown pieces to practice trimming. Feel free to bring your own leather-hard pieces that are ready for a trim to use during the class as well!

Prerequisite: Intro to Wheel parts 1 & 2 or prior wheel-throwing experience.

Instructor: Katie Cossette

\$50 social members | \$75 fitness & nonmembers

Registration required by June 9.

Friday Concerts

May 6, 10:30-11:30am: Ageless Music

May 13, 10:30-11:30am: Megan Kleven

May 20, 10:30-11:30am: The Preserves

May 27, 10:30-11:30am: Tim Emmons

Complimentary sweet treats provided to social members.

Fitness & nonmembers may purchase treats.

Stroke: When Minutes Matter

10-11am, Monday, May 2

Join a local stroke nurse from Mayo Clinic to learn common risk factors, signs of stroke, how to decrease risk, self-assessment tools, and what to do in the event of a stroke.

Free and open to the public | No registration required

Coffee with Sylwia and Ken

11am-12pm, Monday, May 2

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.

Spring Cleaning at 125 LIVE

11:30am-12pm, Tuesday, May 3

We love 125 LIVE and we want to look our best! Join staff and members in picking up the outside areas around 125 LIVE.

Registration required by May 2.

Tech Mates: Organizing Your Computer Storage

11am-12pm, Tuesday, May 3

Where did I save that? How do I organize my photo collection? In this class, learn how to set up a filing system on your computer so you can find and share files. This lesson applies to Windows, Mac, cloud storage or handheld device. Free for social members | \$10 fitness & nonmembers
Zoom option available. Registration required for Zoom link.

Registration required by May 2.

Movie Matinee: May the 4th Be With You

Wednesday, May 4, 1-3pm

Join 125 LIVE for popcorn and drinks to watch the newest edition from the classic space movies that we all know and love. "Do or do not. There is no try." – Yoda
Social members free | \$5 fitness & nonmembers

Registration required by May 3.

125 LIVE Best Buddies Club

Changing to 3:30pm start time on May 12

Join fellow 125 LIVE friends weekly for fun activities geared towards our members with exceptional abilities. Volunteer will be present during activity. If caregiver is required, must stay with buddy for duration of activity. Open to the public.

2-3pm, Thursday, May 5: Lego Play

3:30-5:30pm, Thursday May 12: Movie of the month

3:30-4:30pm, Thursday, May 19: Coloring Craze

3:30-4:30pm, Thursday, May 26: Art - Play-doh & painting

Social members free | \$5 per session fitness & nonmembers.

Registration required prior to each session.

Cops and Coffee

11am-12pm, Thursday, May 19

It's National Police Week. Come and say hello to officers in our community and enjoy coffee and a treat with the Rochester Police Department.

Community Talks with ABC 6 News: Real Life Energiewende German Cities Share Energy Transition Success Stories

10-11am, Friday, May 6

Through the leadership of Senator Senjem and Mayor Kim Norton, Rochester is part of an exchange with German cities on climate-smart municipalities that are bringing 10 German energy and climate leaders to Rochester. Hear about how these cities are making the renewable energy transition a success for their residents with measurable economic and environmental results. The presentation will be followed by a Q&A and discussion about why the future of SE Minnesota is bright when we get involved in both our personal and professional lives.

Moderated by Betsy Singer, ABC 6 news anchor.

Free and open to the public | No registration required

Lunch and Learn Series: Retirement Your Next Chapter: Caregiving is a Demanding Job

Friday, May 6

Lunch from 11:30-11:50am. Discussion 12-1pm

Caregiving is a demanding job! Learn about frequently asked questions and concerns caregivers have and what to do about them. Gain knowledge and resources and learn about new technologies to make caregiving easier and less worry.

Presenters: Kathy Scheid & Holly Brown from Elder Network.

Complimentary pizza lunch for social members

\$5 for fitness & nonmembers to enjoy the lunch.

You can attend the discussion at noon without lunch.

The discussion is open to the public and free to attend.

Registration required for lunch by May 4 at 12pm.

Member Mixer Fiesta!

4-5:30pm, Tuesday, May 10

Join the 125 LIVE fiesta this month and enjoy margaritas with fellow members. Light Mexican-themed refreshments served. Social members free | \$10 fitness & nonmembers.

Registration required by May 9.

Defensive Driving Course 8 Hour Initial Course

9am-5pm, Wednesday, May 11

Defensive Driving Course-4 Hour Refresher

9am-1pm, Wednesday, May 18

Defensive driving can make you safer on the road. Insurance companies offer a discount for taking a defensive driving course. In this class, you will learn how to anticipate situations, techniques to recognize and react quickly, and the risks and reasons for accidents. Drivers aged 55 should take the initial 8-hour course, then every three years, a 4-hour refresher course.

\$25 social members | \$30 fitness & nonmembers

Registration required by May 10 and May 17.

A Journaling Workshop

11:30am-12:30pm, Thursday, May 12

A journal is one of the best ways to explore your life through writing; there are no hard and fast rules! It is a fun and easy approach to record what is in your head and your heart. We will discuss how to get started and tips on how to improve your writing skills. Bring questions and ideas. Let's get started!

Instructor: Debi Neville

Social members free | \$5 fitness & nonmembers

Registration required by May 11.



Special Events

Community Talks

11:30am-12:30pm, Fridays in May

May 13: City Council President Brooke Carlson

May 27 Council Member Molly Dennis

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 and ideas for a better tomorrow.

Social members receive light refreshments.

Fitness & nonmembers may purchase refreshments.

Free and open to the public

John Marshall High School Hygiene Drive

May 16-31

Help one of our local high schools stock their community room with hygiene products for students to be able to take and use over the summer months while school is out. Items can be dropped off at 125 LIVE. Needed items: deodorant, full size body wash, lotion, shave cream, shampoo & conditioner, laundry & dish soap.

Managing your Phone Storage

12-1pm, Monday, May 16 or

6-7pm, Thursday May 19

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

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

Registration required by May 13 and May 15.

Listening is an Art Series

6:30-8:30pm, Tuesday, May 17

"Oopisms," Smiles and Did I/They REALLY Say That?

Laugh a bunch, ask questions and explore communication opportunities that are often missed.

9-10:30am, Wednesday, May 18

Five More Tools for Effective Listening.

Expand your listening tool kit. Energize your relationships

12-1:30pm, Wednesday, May 18

Elephant in the Room Discussions: Positive and Productive

Meaningful insights that open doors to discuss politics, religion and other matters you were told to never talk about in public. Free and open to the public

Registration required by May 16.

125 LIVE Variety Show

3-4:30pm, Wednesday June 1

Mark your calendar for the upcoming 125 LIVE member and staff variety show. Have a talent, skit, song, dance, or joke to share? 125 LIVE wants you! Email Robin at programming@125livemn.org or fill out a comment card addressed to her with your name and talent.

Light refreshments served

\$5 social members | \$7 fitness & nonmembers

Registration required to attend variety show by May 31.

Master Gardener Presents: Planning for Canning

12-1pm, Tuesday, May 17

Food preservation prevents food spoilage until it can be consumed. If you are a gardener (or are hoping to become one) and tend to produce too much food each season, join the presentation. "Planning for Canning" will introduce you to best practices for safe canning, freezing, fermentation, and dehydration. Preserving food offers the opportunity to have a wide variety of foods year-round. Additionally, ideas for starting out on a budget will be shared.

Free and open to the public

Registration required May 16.

Zumba Master Class with Markee Huinker

6:30-7:30pm, Friday, May 20

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 May 18.

Lunch and Learn Series: Retirement - Your Next Chapter: Downsizing and Saving Money on Your Move

Friday, May 20

Lunch from 11:30-11:50 am. Discussion 12-1 pm

This fun and interactive presentation will tackle the frustrating task of downsizing. You will learn the latest market trends to downsize items that are no longer needed successfully. In addition, learn six easy ways you can save hundreds of dollars on your next move.

Presenter: Kimberly Alwin, the owner of A Smooth Move, is a downsizing and move expert

Complimentary pizza lunch for social members.

\$5 for fitness & nonmembers to enjoy the lunch.

You can attend the discussion at noon without lunch.

The discussion is open to the public and free to attend.

Registration required for lunch by May 18 at 12pm.

Red Cross Adult FA/CPR/AED Blended Learning

9:30-10:30 am Saturday, May 21

This Red Cross CPR class is offered in a blended learning format where the participant must complete some course work online in addition to attending an in-person classroom session. \$95 Member / \$105 Non-member Registration required

Sunday Member Brunch and New Member Welcome

11:30am-12:30pm, Sunday, May 22

Brunch served 11:30am-12pm

Enjoy meeting new members and socializing.

Free for new members who joined in April.

Free for members with 12 or more scans in April.

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

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

Registration required by Wednesday, May 18..

Let's Get Planting at 125 LIVE

11:30-12:30pm, Tuesday May 31

125 Live is building a garden! Join us in planting our newly installed raised bed planters. If you have extra plants or seeds from your spring planting, 125 LIVE would be happy to take your donations. Bring gloves and a garden shovel if you have one.

Free for 125 LIVE members

Registration required by May 29.

Social Activities

Woodcarving

9 am-12pm, Tuesdays

Knitting

12:30pm-2pm, Tuesdays

11:30am-1:30pm, Fridays

Young at Heart Choir

10-11am, Wednesdays

Music Jam Session

1-3pm, Wednesdays

Family History Club

2-4pm, 2nd Wednesday

The "Original" Book Club

10-11am, 2nd Thursday

May 12 discussion book: "Eye of the Needle"

Exploring Photography

2-4pm, 2nd and 4th Thursdays

Vision of Hope Support Group

9-11am, 1st and 3rd Mondays

Alzheimer's Caregiver Support Group

1:30-3pm, 1st Thursday

5-6:30pm, 3rd Thursday

Parkinson's Support Group

1-3pm, 3rd Thursday

Grief Support Group

2:30-4pm, 1st and 3rd Thursdays

Elder Network Senior Advocate

Tuesdays, May 3, 17, 24, and 31, 9-11am

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 finding 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. No registration required.

Improve your Billiards Game

1 Hour Sessions available

Having a problem with an aspect of your game? Sign up for a 1-on-1 session with master pool player, certified referee, VNEA-certified pool instructor and hall of fame member Dick Callier. During this 1-hour session, you will cover analysis & correction and shot improvement. Please contact Membership Services to schedule an appointment.

\$50 per hour social members

\$75 per hour fitness & nonmembers

Registration required.

Pickleball:

Social and fitness members

Offered daily. Please see pickleball schedule for details.

Ping Pong:

Social and fitness members

3-5pm, Tuesdays | 2-4pm, Thursdays

Game Room:

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

Cribbage: Tuesdays & Thursdays, 9-11am

Pinochle: Tuesdays, 1-3pm

Mahjong: Tuesdays, 10:30am-1pm

Mexican Train: Wednesdays, 1-3pm

Mexican Train: Fridays, 1-3pm (Gathering Space)

500 Cards: Thursdays, 1-3:30pm

Rummikub: Fridays, 9-11am

Texas Hold 'Em: Fridays, 1-3pm

Bridge: Sundays, 1-4pm

Castle Quilters

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

Quilting Class: **9-10am, Monday, May 16** - Reverend Nick

Mezacapa: Leadership, Friendship, and Teamwork.

Potluck following at 11:30am.

1 Topic 1 Hour

10-11am, Mondays

May 2: Trusts – Shelly Beckman from Johnson Turner

May 9: Driver Safety – Gary Thorn

May 16: Growing Old Gracefully & Intentionally- Dr. Duane Ollendick

May 23: Healthy Healing Breathing –Neuroscientist Dr. Min

May 30: **CLOSED**

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 & family history help

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

Zoom information:

Zoom meeting ID: 895 9759 8371

Zoom password: 665208

Square Dancing

12-3pm, Tuesday, May 3 & May 17

12-1pm: Learn the steps to square dancing

1-3pm: Square dance calling

Dance Mixer: May Pole Dancing

12:15-3pm Tuesdays, May 10, 24, and 31

Celebrate the arrival of spring by learning dances centered around the May Pole.

2:30-3pm: Social time

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

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