

Pottery Play Date

9-11am, Monday, June 6

10am-12pm Saturday, June 11

1-3 pm, Tuesday, June 21

6-8pm, Wednesday, June 22

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. Class may only be taken once.

Free for 125 LIVE members | \$10 nonmembers

Registration required 2 days before class date.

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.

Intro to Wheel Part I

10am-12pm, Wednesdays, June 8-29 (4 sessions)

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: Sharon Mueller

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

Registration required by June 6.

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 ready for a trim to use during the class!

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.

A Journaling Workshop

11:15am-12:30pm, Thursday, June 9

Journaling 102: for beginners and those who wish to expand their journaling skills. 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 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 June 7.

Applying Clay Slip

9am-12pm, Saturday, June 18

This class will include a demonstration on "How to make your own slip", followed by three techniques to apply and use clay slip on your pieces. Applying clay slip to your piece adds depth and texture to your art.

Required to participate: 1 medium hard-leather piece (cup, jar, vase, etc.)

Instructor: Jeff Jones

\$35 social members | \$50 fitness & nonmembers

Registration required by June 16.

Cylinder Carving Class

10am-12pm, Monday, June 20

Learn hands-on techniques for designing and carving a leather hard cylinder in this pottery class. Includes practice slabs for carving and one hard-leather cylinder on which you will create your final design.

\$35 social | \$45 fitness or nonmembers

Instructor: Sharon Mueller

Registration required by June 17.

Make A Collage

1-3pm, Tuesday, June 23OR

6:30-8:30-8pm, Tuesday, June 23

Use found objects and paper brought from home or use our supplies. Beads, buttons, photos, fabric, paper, ribbon, newspaper, magazines or whatever you can think up! Some materials provided.

Artist: Julie Johns

\$25 social members | \$35 fitness & nonmembers

Registration required by June 21

Sip and Paint Sunflowers

1-3pm, Wednesday, June 22

Summer is in full swing and it's a perfect time to paint flowers and enjoy a light beverage. The beautiful sunflower will be the inspiration for this beginner-level acrylic painting class. Supplies are included.

Instructor: Pennie Eisenbeis

Wine only served to 21+ with ID.

Other beverages will be available for 18+

\$35 social members | \$50 fitness & nonmembers

Registration required by June 20.

Easy Beaded Bracelet Making

7-8:30pm, Wednesday, June 22

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 June 17.

Google Overview

6-7pm, Monday, June 6 OR

12-1pm, Thursday, June 9

Google has many features to enhance your computer experience. Come ready to learn and ask questions.

Instructor: Katie Helwig

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

Registration required by June 3 for June 6th class.

Registration required by June 7 for June 9th class.

Coffee with Sylwia and Ken

11am-12pm, Monday, June 6

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. Stay informed, connected, and involved.

Tech Mates: Smartphone Photos: save, organize, and share them with minimal \$\$

11am-12pm, Tuesday, June 7

Whatever smartphone you use to take pictures, you want to be able to save them, organize them, and share them. Maybe you'd even like to create a book or website of them. But you don't want to spend much cash doing it. Join the Tech Mates to share strategies and solutions. Join the conversation at 125 LIVE or via Zoom. Zoom link sent out at registration.

Social members free | \$10 fitness or nonmembers

Registration required by June 6.

Wellness Wednesday with the Mayo Clinic Center for Health Equity

5:30 Gather, 6-7pm Presentation, Wednesday, June 8

Join us for a presentation by Jason Madson of PrimeSource Funding and Joseph Esloit of Casa Real Estate, LLC, who will discuss financial wellness covering mortgage and rent.

Free and open to the public.

Registration is required by June 6.

Outdoor Cycle Club

9:30am, every Friday in June

Bring your bike or check one out from 125 LIVE at Membership Services every Friday and enjoy a bike ride led by a 125 LIVE volunteer. Meet outside the facility.

Free and open to the public | No registration required.

Mayo Medical School Senior Sages Information Session

10:30-11:30am, Monday, June 13

A 4-year longitudinal program that provides medical students with a unique opportunity to learn more about the aging process from an expert who has experienced it firsthand, their senior sage. That's you! A great opportunity to connect with students and make an impact in the future of American healthcare, communicate your experiences and wisdom to the younger generation, and volunteer your expertise to our community.

Free and open to the public | No registration required.

Member Mixer: '80's Birthday Bash

4-5:30pm, Tuesday, June 14

We all have had a birthday or will be celebrating a birthday this year, so let's have an '80s decade party! Fun '80s themed trivia and games will remind us of this tubular decade. If you have a picture of yourself from the '80s, please plan on sharing it with us. Refreshments and beverages will be served.

Social members free | \$10 fitness & nonmembers.

Registration required by June 13.

Cops and Coffee

11am-12pm, Thursday, June 16

Come and say hello to officers in our community and enjoy coffee and conversation with the Rochester Police Department.

Free and open to the public.

No registration required.

Community Talks

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

June 10: Gregg White

June 24: Shaun Palmer

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 | No registration required.

Friday Concerts

June 3, 10:30-11:30am: The Preserves

June 10 10:30-11:30am: Ageless Music

June 17, 10:30-11:30am: The Preserves

June 24, 10:30-11:30am: Ageless Music

Complimentary sweet treats provided to social members.

Fitness & nonmembers may purchase treats.

Free for 125 LIVE members | \$10 nonmembers

Lemonade Day

9-11am, Friday, June 10

Please join us in honor of Rochester Chamber City Lemonade Day. 125 LIVE will have a youth led lemonade stand that lemonade will be available for purchase.

Open to the public | No registration required.

Pre-Funeral Planning and Pie

12pm-1pm, Wednesday, June 15

Have you ever thought about how you want your family to respect your last wishes but didn't know where to start? Join Brenda Schultz, The Funeral Lady, for a piece of pie as she talks about the easiest way to plan and put your wishes in writing for your final celebration. She is an independent planner so the information will be helpful no matter which funeral home you choose.

Free and open to the public.

Registration required by June 13



Special Events

Lunch and Learn Series: Home Maintenance Services

Friday, June 17

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

The discussion is open to the public and free to attend. Home repair, handyman services, painting, and more.

Moderator: Jon Espy, Infinity Real Estate & Home Services Management Group

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 June 15 at 12pm.

Red Cross Adult FA/CPR/AED Blended Learning

9:00-10:30 am Saturday, June 18

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 session.

\$95 members | \$105 nonmembers

Registration required by June 16.

Master Gardeners Presents: A Little Summer Gardening Inspiration

12-1pm, Tuesday, June 21

How about a little summer inspiration? Join local master gardeners at this 125 live event to view some footage from the last two years of virtual tours. This is in preparation for the 13th annual Olmsted County Extension Master Gardener Volunteer Tour with the Masters. The tour is set for Wednesday July 20th.

In addition, tour specifics will be highlighted and the priority based educational focus at each location and more

Free and Open to the public

Registration required by June 20

Wellness Through Life

12:00-1:00 pm, Tuesday, June 21

Mental wellness is a journey, not a destination. However, we have many options available to keep ourselves sharp as we grow older. This presentation will discuss ways to be your best self, including diet, exercise, and other creative ways to stay strong.

Presenter: Pernell Meier

Free and open to the public

Registration required by June 20.

International Yoga Day

Tuesday, June 21

6:45am-Jen, 7:45am-Chris, 8:45am-Sunny, 12pm-Robin, 5:15pm-Sunny, 7:00pm-Robin

Join 125 LIVE's yoga instructors in doing 108 Sun Salutations throughout the day to honor the summer solstice and the change of the season on International Yoga Day. 18 salutations will be completed with each instructor, concluding the evening at 7pm with the final 18 salutations to equal 108. Come to one or as many as you would like to throughout the day. Meet in the main level lobby.

Free and open to the public | No registration required.

Listening is an Art Series

6:30-8:00pm, Tuesday, June 21

"Responding to 'OOPS-isms' when you can't find the delete key." Practice the tools needed to respond to "oops-isms."

9-10:30am, Wednesday, June 22

"Five More Tools for Effective Listening."

Expand your listening tool kit. Energize your relationships

12-1:30pm, Wednesday, June 22

"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 prior to each session.

RochesterFEST Parade

1:00pm, Saturday, June 25

We want you to join 125 LIVE and be a part of the RochesterFEST parade float. Walk along the float with us and enjoy sharing with the community the great people of 125 LIVE. Meet at Soldier's Field no later than 1pm. Parade begins at 2pm.

Sunday Member Brunch and New Member Welcome

11:30am-12:30pm, Sunday, June 26

Brunch served 11:30am-12pm

Enjoy meeting new members and socializing.

Free for new members who joined in May

Free for members with 12 or more scans in May.

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

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

Registration required by June 22.

Disco Dance Party

3:30-5pm, Thursday, June 30

Join the Best Buddies Club for their first dance party! All

members are welcome to join us for a fun time. Light refreshments will be served.

Free and open to the public.

Registration required by June 29.

125 LIVE Best Buddies Club

3:30-4:30pm, Thursdays

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, they must stay with their buddy for duration of activity. Open to the public.

June 2: Lego Play

June 9: 3:30-5:30pm, Movie of the Month

June 16: Coloring Craze

June 23: Art - Play-doh & Painting

June 30: 3:30-5pm **Disco Dance Party- FREE FOR ALL, bring your friends and family.**

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

Registration required prior to each session.

Walking Club

10am every Tuesday and Thursday

Come one, come all! The outdoor walking club is back for the summer season. Enjoy conversation while taking a brisk walk on the trails near 125 LIVE. All levels welcome. Meet at 125 LIVE in the main lobby.

Free and open to the public | No registration required.

Social Activities

Woodcarving

9 am-12pm, Tuesdays

Knitting

12:30pm-2pm, Tuesdays

11:30am-1:30pm, Fridays

Young at Heart Choir - Resuming in September

Music Jam Session

1-3pm, Wednesdays

Family History Club

2-4pm, 2nd Wednesday

The "Original" Book Club

10-11am, 2nd Thursday

June discussion book: "Rise of the Rocket Girls"

Exploring Photography

2-4pm, 2nd and 4th Thursdays

Vision of Hope Breast Cancer Support Group

Free and open to the public

9-11am, 1st and 3rd Mondays

Alzheimer's Caregiver Support Group

Free and open to the public

1:30-3pm, 1st Thursday

5-6:30pm, 3rd Thursday

Parkinson's Support Group

Free and open to the public

1-3pm, 3rd Thursday

Grief Support Group

Free and open to the public

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

Elder Network Senior Advocate

9-11am, Tuesdays, June 14 and 28

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 request an appointment.

\$50 per hour social members

\$75 per hour fitness & nonmembers

Registration required

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

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