

## Pottery Play Date

**9-11am, Monday, August 1**

**10am-12pm, Thursday, August 4**

**10am-12pm, Saturday, August 13**

**6-8pm, Wednesday, August 17**

**6-8pm, Monday, August 22**

**10am-12pm, Saturday, September 3**

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 to 125 LIVE members | \$10 nonmembers  
**Registration required 2 days before class date.**

## Intro to Wheel Part I

**6-8pm Thursdays, August 11-September 1**

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: Bedo Rodriguez

\$75 social members | \$130 fitness & nonmembers

**Registration required by August 9.**

## Learn To Stretch an Artist Canvas

**1-3pm or 6:30-8:30pm, Tuesday, August 16**

Learn to build a wooden stretcher and stretch and gesso canvas in preparation to paint. If you sign up for Basic Oil Painting you can use your canvas in that class. Build up to a 30"x40" canvas. Materials for the class are provided.

Artist: Julie Johns

\$65 social members | \$80 fitness & nonmembers

**Registration required by August 12.**

## Basic Oil Painting

**1-3pm, Thursdays, September 1-October 6**

**6:30-8:30pm, Thursdays, September 1-October 6**

Learn the basics of working with oils in this 6-week course: sketching out your painting, how to apply paint to the canvas, different painting mediums, mixing colors and brush care. You choose the subject. Working from a photo is best unless you choose to do an abstract.

Supply list given upon registration

\$150 social members | \$225 fitness & nonmembers

**Registration required by August 26.**

## Intro to Wheel Part I

**10am-12pm, Wednesdays, September 7-28**

In this four-week class, we will cover basic wheel throwing techniques. No prior experience required. The studio provides unlimited practice clay for our use. The class fee includes all required tools.

Instructor: Carolyn Real

\$75 social members | \$130 fitness & nonmembers

**Registration required by September 5.**

## Intro to Wheel Part II

**6-8pm, Thursdays, September 8-29**

This class builds on Intro to Wheel Part I. In this 4-week 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

Instructor: Spencer Johannes

\$140 social members | \$195 fitness & nonmembers

**Registration required by September 6.**

## Ladies Morning Mud and Mimosas

**10:30am-12pm, Sunday, September 11**

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. Materials included.

Artist: Anna Glenski-Kjose

\$35 social members | \$55 fitness & nonmembers

**Registration required by September 9.**

## Easy Beaded Bracelet Making

**7-8:30pm, Tuesday, September 13**

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 wearing, or you can gift to someone special.

Instructor: KaraLynn Jewelry

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

**Registration required by September 9.**

## Bridge Communities Celebration!

**4-8pm, Friday, August 26**

The opening of the Elton Hills bridge is something to celebrate! Join 125 LIVE at this event with live music, vendors, food trucks (for purchase), family-friendly activities, and a fun evening of friends and socializing. 125 LIVE Quilters and the 125 LIVE Potters will also be selling items made at 125 LIVE.

Free and open to the public. No registration required.

## Friday Concerts

**August 5, 10:30-11:30am: The Preserves**

**August 12, 10:30-11:30am: Ageless Music**

**August 19, 10:30-11:30am: The Preserves**

**August 26, 10:30-11:30am: Ageless Music**

Complimentary treat provided to social members.

Fitness & nonmembers may purchase treats.

## Coffee with Jen, Robin and Alex

**11am-12pm, Monday, August 1**

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 leadership staff for coffee. Stay informed, connected, and involved.

## 125 LIVE Tech Mates: How to Join a Zoom Meeting with a Smartphone

**11am-12pm, Tuesday, August 2**

Joining a Zoom meeting with a smartphone is easier than it looks. Come ready to learn how and ask questions as we go. Join the conversation live or via Zoom. Registration is required to receive Zoom link. Social members free | \$10 Fitness & nonmembers  
**Registration required by August 1.**

## Introduction to Selling Your Stuff Online

**12-1pm, Monday, August 8 or**

**6-7pm, Thursday, August 11**

Let's face it, garage sales are a lot of work! This one-hour class will teach you about the best ways to sell your stuff online! We will review Facebook Marketplace, Craigslist, and other online platforms. We will discuss how to photograph, describe, price, and ship your stuff.

Instructor: Katie Helwig

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

**Registration required by August 7 and August 10.**

## National Watermelon Day

**Wednesday, August 3**

It's National Watermelon Day! Enjoy a slice on 125 LIVE. Watermelon will be served throughout the day until supplies run out.

Free for 125 LIVE members | No registration required.

## Writing & Publishing Your Own Book Like a Pro

Join veteran author GK Jurren as he explores with you the kind of writing you might want to pursue. Sign up for one session, two, or all three.

## Writing & Publishing Your Own Book Like a Pro: Part 1

**1-2:30pm, Thursday, August 11**

To instill aspiring writers and published authors alike with confidence in your ability to create a page-turning story, and to lead you from inspiration and getting started.

Free and open to the public.

**Registration required by August 9.**

## Writing & Publishing your Own Book Like a Pro: Part 2

**1-2:30pm, Thursday August 18**

Discuss proven streamlined publishing processes.

Free and open to the public.

**Registration required by August 16.**

## Writing & Publishing your Own Book Like a Pro: Part 3

**1-2:30pm, Thursday, August 25**

Polish off your writing and independent publication journey with practical demonstrations

Free and open to the public.

**Registration required by August 23.**

## Listening is an Art Series

Join us for a Listening Series Think Tank: How to Respond to OOPs-isms when you can't find the delete Key.

**6:30-8:30 pm, Tuesday, August 16**

**7:30-9:30 am, Wednesday, August 17**

**12-2 pm, Wednesday, August 17**

Cost: \$10.00 includes coffee & refreshments. Lunch is provided when you register for the Noon session. You may attend one session or ALL Three! All will have similar content. Please **RSVP** to Wendell Amstutz at **507-254-1265** or email **ncrcoffice@aol.com**  
See the flyers on magnet boards for more details.

## Rotary Club Presents: Hugs Help

**12-1pm, Wednesday, August 17**

Former Rotarian Randy Stocker experienced a tragic loss with the death of his mother and two daughters. They were killed by a distracted truck driver. Randy will share a book he wrote sharing how they suffered from their grief and what they did to ease the pain. His book shares some insights like what to do or what to say to a person who is grieving. If you know of someone who is struggling with their grief, this presentation may help both them and you. The meeting will be at 125 LIVE. If you prefer Zoom, you will receive the link upon registration.

Free and open to the public.

**Registration required by August 16.**



# Special Events

## Red Cross FA/CPR/AED Blended Learning

**9-10:30am, Saturday, August 20**

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 members | \$105 nonmembers

**Registration required by August 13.**

## Quilter's Summer Sale

**4-8pm, Friday August 26 and**

**9am-12pm, Saturday, August 27**

Get a jump-start on your holiday shopping! An abundance of quilt varieties for sale. Everything from quilts and table runners to quilt books, patterns, and fabric bundles.

Free and open to the public | No registration required.

## Wellness Wednesday w/ Mayo Clinic: Breathe Easy Wednesday, August 31

**11:30am: Gather, 12:00pm: Presentation and Q&A**

Join us for a presentation by Eric Aguirre, APRN, C.N.P., D.N.P. of Mayo Clinic on keeping your lungs healthy. He'll discuss prevention and management of some lung diseases, as well as any new research developments around lung health.

Free and open to the public.

**Registration required by August 30.**

## Memoir Writing

**10:30am-12pm, Wednesdays, Sept. 7-Dec. 7**

**(no class November 23) 13 sessions**

Everyone has life stories to tell. Is it time to tell yours? A memoir-writing class can help you to do so. This is where you'll put your feet to the fire to actually get some of those stories on paper. Weekly, you will write your stories at home and then bring them to a safe and inviting class to share with others who will listen to them with kind hearts and minds. After the first organizing class, you'll spend the next 12 weeks looking back at your life, seeing it in new ways, and making meaning of the inevitable ups and downs. The class is inspired by author/writing teacher Julia Cameron's book "It's Never Too Late to Begin Again." The book is included in the class.

Instructor: Jane Iddings.

\$75 social members | \$85 fitness & nonmembers

**Registration required by August 31.**

## Outdoor Cycle Club

**9:30am, every Friday during the summer**

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 out front.

Free and open to the public | No registration required.

## Defensive Driving - 8 Hour Initial Course

**9am-5pm, Wednesday, August 31**

## Defensive Driving - 4 Hour Refresher Course

**9am-1pm, Wednesday, September 7**

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 August 30 and September 6.**

## Congregate Senior Dining at 125 LIVE

125 LIVE is excited to be hosting senior lunch dining for people 60 years and older. SEMCAC and SEMAAA are the sponsors of this congregate dining program.

Applications to participate in the program can be picked up at Membership Services.

**\$2-5 suggested donation**

**Participants must register by 3pm the day prior.**

**Register by Friday at 3pm for Monday's meal.**

## 125 LIVE Best Buddies Club

**3:30-4:30pm, Thursdays in August**

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.

**August 4:** Lego Play

**August 11 (3:30-5:30pm):** Movie of the month

**August 18:** Chalk Art

**August 25:** Coloring Craze

Social members free | \$5 fitness & nonmembers.

**Registration required prior to each session.**

## Chip Shots

125 LIVE members can play pickleball at Chip Shots between the hours of 8am to 11am Mondays through Fridays for \$5. Bring your 125 LIVE membership card and enjoy staying active through some friendly competition.

## 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.

## Minnesota State Fair Shuttle - Senior Days

**Monday August 29 or Thursday, September 1**

\$35 per person. Does not include State Fair admission.

Buy tickets online at [RCLFANBUS.SQUARE.SITE](https://www.rclfanbus.square.site)

For more information, contact David with Rochester City Lines at 507-424-6296 or [david@rclbus.com](mailto:david@rclbus.com)

# Social Activities

## Woodcarving

**9 am-11:30am, 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**

**August discussion book:** *Off Season* by Anne Rivers Siddons

## 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, August 9 and 23**

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**

## 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-11:30am, Mondays**

**8-11am, 1st Friday only for August**

## 1 Topic 1 Hour

**10-11am, Mondays**

**August 1:** The LIFE Program- Steve Troutman and Chrisanne Pieper

**August 8:** Mental Health – Steve Lansing with Empower CTC, Sponsored by Visiting Angels

**August 15:** American Red Cross with Melanie Tschida

**August 22:** Jane Iddings– Memoir

**August 29:** Nick Jansen KTTC-Chief Meteorologist

## 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](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 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, August 2, 16**

**12-1pm:** Learn the steps to square dancing

**1-3pm:** Square dance calling

## Dance Mixer

**12:15-1:15pm Tuesdays, August 9, 23, 31**

Learn basic movement, patterns, line dances, two step, and logging steps.

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

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