

Pottery and Art Classes

125
LIVE

Updated 11/23/22

December Events 2022

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December 24: 6am-3pm | December 25: CLOSED
December 31: 6am-3pm | January 1: 9am-3pm

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Asian Brush Painting: Beginner and Continuing 2-4pm, Mondays, December 5-19 (3 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. Subject matter will be winter foliage.

Instructor: Catherine Park

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

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

Registration required by December 2.

Paint with Me

10-11am Saturday, December 10

Paint a ceramic piece with friends of all ages. Pick from a wide variety of ceramic pieces. Then, you paint it and we will fire it. This class is designed for adults to bring a child and enjoy the morning together.

\$15 per person (includes 1 ceramic piece per registrant).

Additional pieces may be purchased the day of class

An adult must accompany anyone under the age of 18 years

Registration required by December 9.

Flannel & Frost

10:30am-12pm OR 2-3:30pm, Saturday, December 17

Join us for a ladies afternoon to celebrate the holidays! Dress in your favorite flannel while enjoying a special holiday drink and learning how to throw a bowl. Clay, tools, a special holiday drink, and a winter treat are included. Your pieces will be glazed, making them food safe. This class is open to ladies 18+ .

Alcohol only served to 21+ with an ID.

Artist: Anna Glenski-Kjose

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

Registration required by December 15.

Something New, Something Small: Folded Bowls

10-11:30am OR 1-2:30pm, Saturday, January 7

It's a new year and that means trying something new. So why not try out a pottery class? In this class we will be exploring the hand building side of pottery in a relaxed atmosphere. You will be guided in understanding hand building and all the opportunities it brings. Clay, tools and firing included.

Instructor: Anna Glenski-Kjose

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

Registration required by January 5.

Intro to Wheel Part 1

10am-12pm, Tuesdays, January 3-24 (4 sessions)

This four-week class covers 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: Tom Sandoe

\$110 social members | \$130 fitness & nonmembers.

Registration required by January 1.

Asian Brush Painting: Beginner and Continuing 2-4pm, Mondays, January 9-30 (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. Subject matter will be winter foliage.

Instructor: Catherine Park

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

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

Registration required by January 6.

Paint with Me

10-11am Saturday, January 14

Paint a ceramic piece with friends of all ages. Pick from a wide variety of ceramic pieces. Then, you paint it and we will fire it. This class is designed for adults to bring a child and enjoy the morning together.

\$15 per person (includes 1 ceramic piece per registrant).

Additional pieces may be purchased the day of class

An adult must accompany anyone under the age of 18 years

Registration required by January 13.

Anyone Can Throw

6-7:30pm, Friday, January 13 OR

10-11:30am, Saturday, 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. Clay and firing included.

Artist: Anna Glenski-Kjose

\$55 social members | \$65 fitness & nonmembers.

Registration required by January 11 and 12.

Have Fun Making A Collage

1-3pm OR 6:30-8:30pm, Tuesday, January 24

We'll provide some materials but the fun starts with what you bring from home. Ribbons, buttons, sequins, beads, photos, cards or whatever you dream up! Bring your items to class and we will finish the collage then.

Artist: Julie Johns

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

Registration required by January 19.

Make a Valentine Garland

2:30-4:30pm, Tuesday, January 24

Get together with friends to make a 6-8' Valentine's Day garland with handcrafted pompoms and felted hearts.

\$15 social members | \$20 fitness & nonmembers

Registration required by January 23.

125 LIVE Silent Auction with BUY IT NOW OPTION!!

Ongoing until close on December 18

The silent auction continues in the main lobby until December 18th for gift giving opportunities for friends and family. All proceeds will be put towards the completion of the lower level fitness space. On December 19th, winners will be notified at the Holiday Happy Hour, and can pick up their auction item until close on December 23rd.

Friday Concerts - 10:30-11:30 am

December 2: The Preserves

December 9: Ageless Music

December 16: The Preserves

December 23: Ageless Music/Singalong

December 30: NO CONCERT

Complimentary treat provided to social members.

Fitness and nonmembers may purchase treats.

Coffee with Sylwia and Ken

11am-12pm, Monday, December 5

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.

No registration required.

Christmas Movie Matinees

1-3pm, Tuesdays, December 6, 13, 20

Let's spend the afternoon enjoying a holiday movie. 125 LIVE will bring the popcorn and the movie, you bring the fun.

Social members free | \$5 fitness & nonmembers

Registration required by December 5, 12, and 19th.

Bingo Tuesdays

11-11:30am, Tuesdays

Join us for a few games of bingo every Tuesday in the Gathering Space. Beverage and light snack included.

Social members free | \$3 fitness & nonmembers

Registration required by 10am the day of event.

Spanish Conversation Group

1-1:30pm, Tuesdays, December 6 & 20

Do you speak Spanish but need to brush up on your skills?

Join this new group where you will practice speaking Spanish with others. Please note: this group isn't about learning how to speak Spanish. It is a conversation group.

Free and open to the public | No registration required.

Selling Your Stuff Online

12-1pm, Monday, December 5

6-7pm, Thursday, December 8

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 December 2 & December 5.

Holiday Celebration Lunch and Live Music

Friday, December 23

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

11:30am-12pm: Lunch served

12-1pm: Young at Heart Choir

Please join us to celebrate the holidays with a lunch of herb roasted chicken, au gratin potatoes, grilled vegetables and a roll. It will finish with a performance from the Young at Heart choir.

Thank you to the Elks Club for sponsoring this event.

Social members free | \$12 fitness members | \$15 nonmembers

Registration required by December 20 at 12pm.

Keeping Your Passwords Healthy and Safe

11am-12pm, Tuesday, December 6

The class will be held in the Technology Learning Center and on Zoom. The Zoom link will be provided upon registration.

Social members free | \$10 fitness & nonmembers

Registration required by December 5.

Member Mixer- Holiday Edition

4-5:30pm, Thursday, December 8

Games, an ugly sweater contest, and a gift exchange will be had by all at this month's member mixer. If you would like to participate, bring a gift (\$10 or less) to exchange, and wear an ugly sweater to win a prize.

Social members free | \$5 fitness & nonmembers

Registration required by December 6.

Forté Open House

11am-1pm, Tuesday, December 13

Forté, is a new vibrant apartment home community in Rochester designed for seniors 55 who want to enjoy a connected lifestyle.

Join us for a tour, open house and light lunch.

Free and open to the public.

Registration required by December 9

Listening is an Art Series

Join one or all of the listening sessions below. We'll explore essential listening tools for improved communication.

6:30-8:00 pm, Tuesday, December 13 Free refreshments

The heart of the matter and the head of the heart tool

9-10:30am, Wednesday, December 14 Free refreshments

The People Mean, Words Don't Tool

The Where Words Come from Tool

12-1:30 pm, Wednesday, December 14 Lunch option \$5

The Acceptance Approval tool

The Judgement-Judgmental Tool

Registration required by December 12 & 13.

Cooking with Ken: Desserts in a Pinch

11am-12pm, Wednesday, December 14

Let's face it, everyone is busy, and with the holidays, it is even worse. So, join Ken in the kitchen as he whips up a few desserts in no time at all that you can include in your repertoire.

\$6 for 125 LIVE members | \$15 nonmembers

Instructor: Ken Baerg

Registration required by December 11.



Special Events

December 24: 6am-3pm | December 25: CLOSED

December 31: 6am-3pm | January 1: 9am-3pm

Introduction to Medicare

11am-12pm, Tuesday, Dec. 13 **OR** Thursday Dec. 15

Who should attend? People who are eligible now or will be qualified soon for Medicare. People who want to know about the basics of Medicare. People who are interested in learning about supplemental and Medicare Advantage—drug plans.

Presenter: John Kelly. Free and open to the public.

Registration required 1 day prior to event.

Flute Ensemble Concert

7-8pm, Wednesday, December 14

Enjoy an evening listening to a flute ensemble at 125 Live

Free and open to the public | No registration required.

Cops and Coffee

11am-12pm, Thursday, December 15

Join officers in our community while you enjoy coffee and discussion with members of the Rochester Police Department.

Free and open to the public | No registration required

Ornament Door Hanger

2:30-4pm, Thursday, December 15

Spend your afternoon among friends making this quick and easy holiday door hanger. Materials included.

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

Registration required by December 13.

125 LIVE Holiday Happy Hour Celebration

4-6pm, Monday, December 19

The silent auction ends on the 18th, so come to hear the winners being announced, pick up your winnings, listen to music, enjoy a holiday drink with hors d'oeuvres. Bring a nonmember for free during this open house-style celebration.

Free for all 125 Live members.

Registration required by December 15.

Master Gardeners: Winter Seed Sowing

12-1pm, Tuesday, December 20

This month's class is winter seed sowing will be hands on learning. Everyone who attends will take home a mini greenhouse. Participants are encouraged to bring their favorite vegetable or flower seed packet to plant. No previous gardening experience is required. Containers will be provided to those who register. Free and open to the public.

Registration required by December 19.

125 LIVE New Years Eve Celebration

9am-12pm, Saturday, December 31

Invite your friends and family to come and see what we are all about. We will have organized tours, a pastry and mimosa bar, and half-price enrollment for those who join the same day.

Give the gift of health, and join the 125 LIVE community.

Free and open to the public | No registration required.

Intro to Kettlebells

6-6:30pm, Wednesday, January 4-25

Want to try a Kettlebell class but not sure where to begin? In this class you will learn the basics of this low-impact, high-intensity strength training.

Registration required by January 2.

Make a Macramé Keychain

1:30-3:30pm, Tuesday, January 17

What was old is new again! Macramé has made a come back! Spend an afternoon learning how to make a macramé keychain.

\$15 social members | \$20 fitness & nonmembers

Registration required by January 13.

Season's Hospice presents: Beat the Winter Blues

1-2pm, Wednesday, January 25

An interactive conversation about the impact the "Winter Blues" can have on grief, loss, and mourning. This is an opportunity to give and receive support with others navigating grief and loss through the winter months. We look forward to hearing your thoughts, feelings, and ideas about how to navigate grief and loss during a time of year when we often feel more isolated, and we will offer suggestions for caring for yourself as move through this seasons of grief.

Free and open to the public.

Registration required by January 24.

Adult FA/CPR/AED Blended Learning

9-10:30am, Saturday, January 21

This 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 for members | \$105 nonmembers

Registration required by January 14.

Best Buddies Reading Club

3:30-4:30pm, Weekly on Mondays

This is a joint program between 125 LIVE Best Buddies Club and Cardinal of Minnesota where a volunteer will read to participants and then a discussion on the book and vocabulary will follow.

Current book: *I Have No Secrets*

Free and open to the public | No registration required.

125 LIVE Best Buddies Club

3:30-4:30pm, Weekly on 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.

December 1: NO CLASS

December 8: Lego Play

December 15: Art

December 22: Game Day

December 29: Movie of the month

Social members free | \$5 fitness & nonmembers.

Registration required prior to each session.

Give the gift of 125 LIVE for Christmas!

Gift cards are available for membership, personal training packages, a pottery, art, or technology class, Castle Quilters' wares, hats and scarves from our Knitting Club, paint-your-own pottery pieces, fitness class punch cards, and 125 LIVE merchandise. The possibilities are endless! Inquire at Membership Services.

Social Activities

December 24: 6am-3pm | December 25: CLOSED

December 31: 6am-3pm | January 1: 9am-3pm

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 and 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

8-11:30am, Mondays December 5 and 12

8-11am, Fridays December 2 and 16

No meetings December 19-31. Resuming January 7

1 Topic 1 Hour

10-11am, Mondays

December 5: Holiday memories, music, cheer, and holiday snacks. Sponsored by Visiting Angels

December 12: Barbara Schramm, Director of Development, Women's Shelter and Support Center

December 19: Holiday songs and memories

December 26: Open discussion

Tech Mates drop-in tech, photo and family history help

Mondays and Thursdays 11am - 1 pm (live or zoom)

Free classes and assistance for 125 LIVE social members.

Email: 125LiveTechMates@gmail.com

Include your name, phone number and a brief description of your issue for which you are seeking assistance.

Website: www.125LiveTechMates.org

Zoom information:

Zoom meeting ID: 895 9759 8371

Zoom password: 665208

Square Dancing

12-3pm, Tuesday, December 6, 20

12-1pm: Learn the steps to square dancing

1-3pm: Square dance calling

Dance Mixer

12:15-1:15pm Tuesdays, December 13

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

Walking Club

11am, Tuesdays

Woodcarving

9-11:30am, Tuesdays

Knit and Crochet at 125 LIVE

1-3pm, Mondays

12:30-2:30pm, Tuesdays

11:30am-1:30pm, Fridays

Music Jam Session

1-3pm, Wednesdays

Family History Club

2-4pm, 2nd Wednesday

The "Original" Book Club

10-11am, 2nd Thursday

December Discussion:

Exploring Photography

2-4pm, 2nd and 4th Thursday

Support Groups:

Vision of Hope Breast Cancer Support Group

Free and open to the public.

9-11am, 1st and 3rd Monday

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.

1-2:30pm, 3rd Thursday

Grief Support Group

Free and open to the public.

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

Elder Network Senior Advocate

9-11am, Tuesdays in November

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.

Congregate Senior Dining at 125 LIVE

125 LIVE, SEMCAC and SEMAAA are the sponsors of this dining program. Applications to participate in the program can be picked up and turned in at the Membership Services desk. \$2-5 suggested donation. Each Friday, registration for the following week will open.

Participants must register by 2pm the day prior.

Register by Friday at 2pm for Monday's meal.

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

Social activities free for social members, \$10 for fitness and nonmembers