

# Pottery and Art Classes

125 LIVE will be closed November 24 and open 8am-Noon November 25



Updated 11/4/22

# November Events 2022

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## Pottery Play Date

9-11am, Monday, November 7

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

Free for 125 LIVE members | \$10 nonmembers.

Registration required by November 5.

## Intro to Wheel Part II

6-8pm, Wednesdays, November 2-30 (4 sessions)

No class on November 23

This four-week class builds on Intro to Wheel Part I. We will work on cups, bowls, and an easy plate. Learn how to trim, attach handles and dress up your pieces. You will also have a chance to glaze something to take home. 25 pound block of clay included.

Prerequisite: Intro to Wheel Part I

Instructor: Bedo Rodriguez

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

Registration required by October 28.

## Paint with Me

10-11am Saturday, November 5

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 1 day prior to each session.

## Asian Brush Painting: Beginner and Continuing

2-4pm, Mondays, November 7-28 (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 autumn flowers, fall leaves, and pumpkins.

Instructor: Catherine Park

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

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

Registration required by November 4.

## Intro to Wheel Part II

6-8pm, Thursdays, November 10-December 8 (4 sessions)

No class on November 24

This four-week class builds on Intro to Wheel Part I. We will work on cups, bowls, and an easy plate. Learn how to trim, attach handles and dress up your pieces. You will also have a chance to glaze something to take home. 25 pound block of clay included.

Prerequisite: Intro to Wheel Part I

Instructor: Spencer Johannes

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

Registration required by November 7.

## Put a Handle On It

9am-12pm, Saturday, November 12

In this class, you will learn various ways to create handles for mugs, pitchers or bowls in addition to how to add them onto your piece. You will be provided two pre-thrown mugs to practice trimming and handling. Feel free to bring your own leather -hard pieces to use during the class as well.

Prerequisite: Intro into Wheel, Intro into Clay, or prior pottery experience preferred

Instructor: Katie Cossette

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

Register required by November 10.

## Watercolor and Ink Mindfulness Doodles

1-3pm or 6:30-8:30pm, Tuesday, November 15

Use free form watercolor and ink pen to start your mindfulness doodles notebook. Taking a half hour out of your day to doodle in your book is a great way to relieve stress and take a break from your busy day. Materials included in the registration fee.

Instructor: Julie Johns

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

Limit 10 students

Registration required by November 11.

## Sip and Paint-Holiday Joy

1-3pm, Wednesday, November 16

The holiday season is just around the corner and time to get decorating. Learn to paint a beautiful wreath and how to do the lettering in this month's beginner acrylic class. Supplies are included in the registration fee. Wine only served to 21+ with ID.

Instructor: Pennie Eisenbeis

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

Register required by November 14.

## Ladies Night Mud & Wine

7-8:30 pm, Friday, November 18

Ladies will enjoy a night out in our pottery studio. You will make bowls and drink wine together This class is open to ages 18+.

Wine only served to 21+ with ID. Materials included.

Non-alcoholic beverages will also be available.

Instructor: Anna Glenski-Kjose

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

Registration required by November 16.

## 125 LIVE Holiday Gift Fair

10am-6pm, Thursday, December 1

Mark your calendar for the Holiday Gift Fair! Interested in being a vendor at the Holiday Gift Fair? Contact Robin at programming@125livemn.org for more information.

## Friday Concerts - 10:30-11:30 am

November 4: The Preserves

November 11: Ageless Music

November 18: The Preserves

November 25: No concert

Complimentary treat provided to social members.

Fitness and nonmembers may purchase treats.

## 125 LIVE Vintage Christmas Tree Decorations

10am-12pm, Tuesdays, November 1-29

10am-12pm, Wednesday, November 30 Decorate the tree

Join Pam and Pat in the art studio to help make vintage inspired decorations each Tuesday in November to adorn the 125 LIVE vintage Christmas tree. On Wednesday, November 30, help decorate our 125 Live Christmas tree for the December 1st Holiday Gift Fair. You will get to take home your creations on December 20 to enjoy in time for Christmas Day.

Social members free | \$10 fitness & nonmembers

## Increasing Awareness of Scams and Fraud

11am-12pm, Tuesday, November 1

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

Social members free | \$10 fitness & nonmembers

Registration required by October 31.

## Bingo Tuesdays

11-11:30am, Tuesdays starting November 1

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-NEW

1-1:30pm, Tuesdays, November 1 & 15 (1st & 3rd Tuesday)

Do you speak Spanish but need to brush up on your skills? Join this new group where you will practice speaking Spanish with others in a conversation. Please note: this group isn't about learning how to speak Spanish. It is a conversation group.

Free and open to the public.

## Kettle Bells 101

6-6:30pm, Wednesdays, November 2-30 (No class Nov. 23)

Want to try a Kettle Bell class but not sure where to begin? In this 4-week class, you will learn the basics of this low-impact high-intensity strength training.

\$15 fitness members | \$25 social & nonmembers

Registration required by November 1.

## Medicare Seminar

11am-12pm, Thursday, November 3

Are you turning 65? Or are you over 65 and retiring? Join us to learn about the basics of Medicare and how to enroll in a Medicare plan.

Presenter: Molly Pudwell

Free and open to the public.

Registration required by November 2.

## Mayo Clinic Wellness

12-1pm, Monday, November 28

Community Engagement Studios connect researchers with community members to get meaningful insight on the planning, design, implementation, translation or dissemination of research.

Our goal, with the help of community voices, is to create more inclusive research opportunities at Mayo Clinic. Learn more about Community Engagement Studios and how to get involved.

Free and open to the public.

Registration required by November 27.

## Introduction to Medicare

11am-12pm, Thursday, November 10 OR

10-11am, Thursday, November 17 OR

12-1pm, Friday, November 18

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. Caregivers or supporters of Medicare recipients. People who are interested in learning about supplemental and Medicare Advantage-prescription drug plans.

Presenter: John Kelly

Free and open to the public.

Registration required 1 day prior to event.

## Defensive Driving Courses

8 Hour course:

9am-6pm, Wednesday, November 9 (1 hour break in middle)

4 hour Refresher Course:

9am-1pm, Wednesday, November 16

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 that may result in a collision, cover the risks and reasons for accidents, statistics illustrating the most prevalent safety concerns and most importantly, techniques to recognize and quickly react to danger. Drivers aged 55 should take the initial 8-hour course. Then, every three years, the 4-hour refresher.

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

Registration required by November 8 and November 15.

## Twenty-one Steps: Tomb of the Unknown Soldier

1-2pm, Thursday, November 10

"Twenty-one steps the sentinel walks, forbidden to speak. Twenty-one steps representing the twenty-one gun salute. His rifle is placed on the shoulder away from the tomb that he guards symbolizing his willingness to defend it. Twenty-one steps he walks along the plaza, he stops, turns, faces the tomb for twenty-one seconds, shifts his rifle to the other shoulder, turns, and walks twenty-one steps more."

Listen to the history of this hallowed place where Americans pay tribute to those who made the ultimate sacrifice in securing our freedom.

Free and open to the public.

Registration required by November 9.

## Forté Open House

4-6 pm, Thursday, November 10

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, food, cocktails, music and prizes.

Free and open to the public.

Register required by November 7.

## November Cops and Coffee

11am-Noon, Thursday, November 17

Come say hello to 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



# Special Events

125 LIVE will be closed November 24 and open 8am-Noon November 25

## Veterans Day Celebration

10-10:30am, Friday, November 11

Please join the Castle Quilters in honoring our veterans for their service. The quilters will be gifting handmade quilts to two veterans.

Free and open to the public | No registration required

## 125 LIVE Holiday Silent Auction

November 14-December 18

Check out the items in the main lobby starting November 14 for gift giving opportunities this year. All proceeds will be put towards the completion of the lower level space. Silent auction will run up until closing on December 18. Winners will be notified on December 19 to pick up their items.

## Cutting the Cable Cord

6-7pm, Monday, November 14

12-1pm, Thursday, November 17

Are you sick and tired of the rising cost of cable? Do you keep hearing about things like Hulu, Netflix, and Roku but don't know what they are or how to work them? Curious about the true cost savings of the "cutting the cable cord" and switching to streaming services. Attend this class to get an introduction to all the streaming services available to you. This 45-minute presentation will be followed by a 15-minute Q & A session with the instructor.

Instructor: Katie Helwig

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

**Registration required by November 11 & November 15.**

## 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, November 15

When the Elephant in The Room Discussion appears on the menu for holiday gatherings.

9-10:30am, Wednesday, November 16 **OR**

12-1:30 pm, Wednesday, November 16

Meet Oopster, Oopee and Snoopers...the stars of classic "OOPs-isms."

**Registration required by November 14.**

## Master Gardeners: Promoting Pollinator Health by Preparing for Winter and Spring

12-1 pm, Tuesday, November 15

Presenter: Tom Bellinger, Olmsted County Extension

Master Gardener Volunteer & Leadership Team Vice-Chair.

Free and open to the public.

**Registration required by November 14.**

## Instant Pot 101

1-2:30pm, Thursday, November 10

Learn how to use an instant pot while making easy meatloaf and mashed potatoes and homemade mac and cheese.

You will come away feeling comfortable using your instant pot at home and with some tasty recipes to try. Class includes taste testing of food prepped during class.

\$10 social members | \$15 fitness & nonmembers

Instructor: Robin Hoelzle

**Registration required by November 8 at 12pm.**

## Red Cross FA/CPR/AED Blended Learning

9-10:30am, Saturday, November 19

This Red Cross CPR class is offered in a blended learning format where the participant will complete some course work online in addition to attending an in-person classroom session.

Certification will be sent upon completion.

\$95 members | \$105 nonmembers.

**Registration required by November 12.**

## Thanksgiving Week/Sunday Member Brunch and New Member Welcome

11:30am-12:30pm, Sunday, November 20

Brunch served 11:30am-12pm

Thank you to the Elks Lodge for sponsoring this month's Member Brunch! Enjoy meeting new members and socializing.

**Free** for new members who joined in October.

**Free** for members with 12+ scans in October.

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

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

**Registration required by November 16.**

## Pie Extravaganza Member Mixer

4-5:30pm, Tuesday, November 22

Enjoy dessert and drinks before the big turkey day while socializing and having a good time with members.

Social members free | \$5 fitness & nonmembers

**Registration required by November 21 at noon.**

## 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, Thursdays in November

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.

**November 3:** Lego Play

**November 10:** Art

**November 17:** Game Day

**November 24:** **CLOSED**

Social members free | \$5 fitness & nonmembers.

**Registration required prior to each session.**

## 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 and 6.**

## 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

**Pinocle:** 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

8-11am, 1st and 3rd Fridays

## 1 Topic 1 Hour

10-11am, Mondays

**November 7:** Randy Stocker, "Hugs Help" Our Story of Tragic Loss, Survival & Helping Others. Sponsored by Visiting Angels

**November 14:** Jeremy Darst, White Water State Park

**November 21:** Favorite books and movies

**November 28:** Wendell and Joy lead a discussion about "Oopsisms." What to do and what to say when you blurted something out.

## 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](mailto: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](http://www.125LiveTechMates.org)

## Zoom information:

Zoom meeting ID: 895 9759 8371

Zoom password: 665208

## Square Dancing

12-3pm, Tuesday, November 1, 15

## Dance Mixer

12:15-1:15pm Tuesdays, November 8, 22, 29

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

## Walking Club

11am, Tuesdays

## Young at Heart Singers

Wednesdays, 10-11am

# Social Activities

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## 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

November Discussion: *The Cartographer of No Man's Land*

## Exploring Photography

2-4pm, November 10 and 17

## 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.

Questions? Contact Lynne Hemann (507-254-2979)

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 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 3pm the day prior.**

**Register by Friday at 3pm 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