

# Pottery and Art Classes



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

Updated 1/6/23

# January Events 2023



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

## Intro to Wheel Part I

6-8pm, Tuesdays, January 10-31

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: Bedo Rodriguez

\$100 social members | \$130 fitness & nonmembers

Registration required by January 6

## 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.

## 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.

## 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 9.

## 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.

## Wine & Chocolate

7-8:30 pm, Friday, January 27th

Ladies, come celebrate National Chocolate Cake in our pottery studio! You will be learning how to throw on the wheel while enjoying cupcakes and wine. Clay, tools, wine, chocolate cupcakes, and firing are included. Your pieces will be glazed making them food safe. Open to all Ladies 18+. Alcohol is only served to those 21+ with an ID. Non-alcohol options are available as well.

Instructor: Anna Glenski-Kjose

Registration fee: \$45 social | \$65 fitness or nonmember

Registration is required by January 25

## Inspire with Art

10-11:30 am, Tuesday, January 31

January 31st is National Inspire Your Heart With Art Day. Come celebrate with us in our pottery studio! You will create a custom keepsake box celebrating what inspires you. Clay, tools, and firing included. Open to all 18+

Instructor: Anna Glenski-Kjose

Registration fee: \$35 social | \$45 fitness or nonmember

Registration is required by January 25

## Intro to Wheel Part I

6-8pm, Tuesdays, February 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: Bedo Rodriguez

\$100 social members | \$130 fitness & nonmembers

Registration required by February 3

## Basic Oil Painting

1-3pm or 6:30-8:30pm, Tuesdays, February 21- March 28

(6 weeks)

Learn the basics of working with oil paints, sketching out your painting, how to apply paint to the canvas, different painting

mediums, mixing colors and brush care. If you made a canvas in my previous class, you can bring it along or purchase your own at Hobby Lobby or Michaels. Any size up to 30"x40". You choose the subject, working from a photo is best unless you choose to do an abstract.

\$125 Social member | \$225 Fitness and nonmember

Registration required by February 17.

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

January 6: Ageless Music

January 13: The Preserves

January 20: Ageless Music

January 27: The Preserves

Complimentary treat provided to social members.

Fitness and nonmembers may purchase treats.

## 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.

## Goal Setting for Success

10:30-am-11:30am, Wednesday, January 25

Do you try to make healthy changes in your life but have difficulty following through? In this class, Jackie See will share SMART strategies to help you achieve your goals.

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.

\$15 Fitness Members | \$25 Social Members

Registration required by January 2.

## Community Talks

11:30am-12:30pm, 1st and 3rd Friday

January 6: Council Member Patrick Keane

January 20: Superintendent Kent Pekel

Discuss topics relevant to 125 LIVE members and the Rochester community. Learn about your community, ask questions on issues, and share your input and your ideas for a better tomorrow.

Free and open to the public.

## Stem Cells and PRP: The Non-Surgical Alternative to Orthopedic Surgery

11:30am-12:30pm, Monday, January 9 or

7-8pm, Wednesday, January 11

What are stem cells, what is PRP, and how are they used in the body? Do diet and exercise have an effect on these? Dr. Bergum from IOS-Rochester talks about the science of regenerative medicine and how this is used to treat painful orthopedic conditions using your own cells to stimulate your own innate healing as well as its use in areas ranging from organ failure to cosmetic procedures.

Free and open to the public.

Registration required by January 8 and 10

## Roadmap to Weight Loss- A 6 week program to jumpstart a healthy lifestyle

10-11am, Wednesday, January 11-February 15

125 LIVE trainers will lead this 6 week program that will assist you with overcoming barriers and help you use the necessary tools to create lasting improved wellness and safe weight loss. Featuring multiple strategies that utilize a primary approach of weekly weigh-ins, food journaling, types of exercises being used, and weekly topics. Start the year off with new skills and a healthy mindset.

\$100 Fitness member | \$130 Social & nonmembers

Registration required by January 9

## Movie of the Month: Staff Picks

January 5, 1pm-3pm

January 17, 1pm-3pm

Continuing with movies this month, the staff have come up with two great movies to come and watch.

Next month will be member picks, so join us so you can let us know what you want to watch next.

Social member free | \$5 fitness & nonmembers

Registration required by 10am the day of the event.

## Member Mixer- Book Swap

4-5:30pm, Tuesday, January 10

Have you finished the stack of books on your bedside table? Already plowed through the bag you brought home from the library sale? Looking for a new favorite author? Bring a book and swap it for another one! Please only bring books that are in good to excellent condition.

Social member free | \$10 Fitness members or Non-member.

Registration required by January 9

## Mayo Clinic- Cancer Prevention Town Hall

12-1pm, Wednesday, January 11

Join the streaming talk from Mayo Clinic as they welcome panelists Dr. Laura Makaroff (American Cancer Society), Melissa Buffalo (American Indian Cancer Foundation), and Dr. Katherine Price (Mayo Clinic) to talk about: 1) The impact of COVID on cancer screening, 2) cancer prevention guidelines, and 3) strategies for getting on track with cancer prevention care and resources.

Free and open to the public.

## Introduction to Medicare

1-2pm, Tuesday, January 17

12:30-1:30pm, Friday, January 20

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.

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# Special Events

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

## Make a Macramé Keychain

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

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

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

**Registration required by January 13.**

## 125 LIVE Foodie Group

**2-3:30pm, Wednesday, January 18**

Interested in new ideas and classic trends that are making a comeback in the world of food? Join us monthly for themed potluck style food experience. Themes are different each month.

Free social members | \$10 fitness and nonmembers

**Registration required by January 17**

## Cops and Coffee

**11am-12pm, Thursday, January 19**

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**

## 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.**

## Cooking with Brian: Super Bowl Appetizers

**11:30am-12:30pm, Wednesday, January 25**

Who doesn't love the Super Bowl for all the great food! Come to the class to learn some new, quick appetizers to have at your Super Bowl party.

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

Instructor: Brian Bachman

**Registration required by January 21**

## 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 we will offer suggestions for caring for yourself as you move through the seasons of grief.

Free and open to the public.

**Registration required by January 24**

## Sunday Member Brunch and New Member Welcome

**11:30am-12:30pm, Sunday, January 29**

**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 November and December. **Free** for members with 12+ scans in November or December.

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

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

**Registration required by January 25.**

## Defensive Driving Courses

**8 Hour course:**

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

**4 hour Refresher Course:**

**9am-1pm, Wednesday, February 15**

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 February 1 and February 14.**

## Apps for Convenience - How Do They Work?

**6-7pm, Monday, February 6 or**

**12-1pm, Wednesday February 8**

Uber, Lyft, DoorDash, Instacart - these are all apps you may have heard about, but how do they work? How do you use Uber and Lyft to take you places just like a traditional taxi would? What's the benefit and how safe is it? How can you get food and groceries delivered straight to you using apps like DoorDash and Instacart? Learn about how these apps and more work from technology

Instructor Katie Helwig.

Registration Fee: \$5 social member /\$10 fitness and nonmember

**Registration required by February 5 and February 7 respectively**

## Elder Network Senior Advocate

**9-11am, Tuesdays**

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.

# Social Activities

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**

**8-11am, 1st and 3rd Friday**

## 1 Topic 1 Hour

**10-11am, Mondays**

**January 2:** Open Discussion

**January 9:** Jeremy Darst, Whitewater State Park

**January 16:** Hal Cropp, Common Weal Theater—  
Sponsored by Visiting Angels

**January 23:** Anthony Wittmer, Recycling Center

**January 30:** Barbara Schramm, Women's Shelter

## 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

## Knit and Crochet at 125 LIVE

**1-3pm, Mondays**

**12:30-2:30pm, Tuesdays**

**11:30am-1:30pm, Fridays**

## 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.

## Square Dancing

**12-3pm, Tuesday, January 3, 17**

12-1pm: Learn the steps to square dancing

1-3pm: Square dance calling

## Dance Mixer

**12:15-1:15pm, Tuesday, January 10, 24, 31**

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

## Woodcarving

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

## Spanish Conversation Group

**1-1:30pm, Tuesdays, January 3 and 17**

## Music Jam Session

**1-3pm, Wednesdays**

## Family History Club

**2-4pm, 2nd Wednesday**

## The "Original" Book Club

**10-11am, 2nd Thursday**

**January Discussion: *The Book Woman of Troublesome Creek***

## Exploring Photography

**2-4pm, 2nd and 4th Thursday**

## 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.

**January 5:** Lego Play

**January 12:** Art

**January 19:** Game Day

**January 26:** Movie

Social members free | \$5 fitness & nonmembers.

**Registration required prior to each session.**

## 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**

**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