

## Intro to Wheel Part II

**6-8pm, Tuesdays, March 7-28 with Bedo Rodriguez or 10am-12pm, Tuesdays, March 7-28 with Tom Sandoe or 10am-12pm, Wednesdays, March 8-29 with Tom Sandoe**  
This four-week class builds on Intro to Wheel Part I. We will work on cups, bowls, and 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. Materials included: 25lbs of clay  
Prerequisite: Intro to Wheel Part I  
Instructor: Bedo Rodriguez PM class and Tom Sandoe AM class  
\$170 social members | \$195 fitness & nonmembers  
**Registration required by March 3 (both classes/instructors)**

## Yes, Everyone is an Artist

**1-3pm or 6:30-8:30pm, Thursday, March 16**  
Have fun trying your hand at acrylic painting and learn how to tap into your creativity. Learn basic color theory while mixing colors. You choose the subject, which is part of the fun. Materials will be provided.  
Instructor: Julie Johns  
\$30 social members | \$40 fitness and nonmembers  
**Registration required by March 14**

## Shamrocks & Shenanigans-Ladies Night

**7-8:30pm, Friday, March 17**  
Come tip your glass in the company of friends in this special St. Patrick's themed Ladies Night. Enjoy some special St. Patty's drinks and snacks while you make bowls together. This class is open to ages 18+. Special St. Patty's drinks only served to 21+ with ID. Non-alcoholic beverages are provided.  
Instructor: Anna Glenski-Kjose  
\$55 social members | \$65 fitness & nonmembers  
**Registration required by March 13**

## Bunny Shelf Sitter

**2-3:30pm, Tuesday, March 21**  
Spring means green grass, flowers and bunnies. In this class you will paint a bunny on a piece of wood that can sit on your shelf or mantle. Materials will be provided.  
\$15 social members | \$20 fitness & nonmembers  
**Registration required by March 17**

## Create & Discuss— Mugs and Pitchers

**6-8pm, Thursdays, March 23-April 27**  
In this 6 week class you will discuss different types and styles of ceramic mugs and pitchers. This is an intermediate wheel throwing class that will cover a variety of techniques in attaching handles and creating a variety of forms and different types of spouts. In this class, we will have discussions on how to create a cohesive mug and pitcher. Some wheel-throwing experience is needed. Example of classes: Intro to Wheel Part I or Intro to Wheel Part II.  
Instructor: Spencer Johannes  
\$225 social member / \$235 fitness and nonmember  
**Registration required by March 20**

## Paint with Me

**10-11am, Saturday, March 25  
1-2pm, Tuesday April 4  
10-11am, Saturday May 27**  
Come and paint a ceramic piece with friends of all ages. Pick from a wide variety of ceramic pieces, paint it and we will get it fired and ready for you to display. This class is designed for adults to bring a child or youth to enjoy a morning together.  
Price includes 1 ceramic piece per person.  
\$15 social members | \$20 fitness and nonmember  
**Registration required the day before class**

## Intro to Wheel Part I

**10am-12pm, April 4-25**  
This four-week class covers basic wheel-throwing techniques. The studio provides unlimited practice clay for your use. All tools are included in the class fee. No prior experience is required.  
Instructor: Tom Sandoe  
\$110 social member | \$130 fitness and nonmember  
**Registration required by March 30**

## Spring Paint with Me Potted Mug with Plant

**1-2pm, Thursday, April 6**  
Celebrate spring and warm weather with a Paint with Me potted mug. Grand/Parents are invited to bring your little ones to create together one planted mug. This class is designed for adults to bring a child or youth to enjoy a morning together. Class includes 1 mug planter and one plant per adult/child.  
\$35 social member | \$45 fitness and nonmember  
**Registration required by April 5**

## Watercolor and Ink Mindfulness Doodles

**1-3 or 6:30-8:30pm, Tuesday, April 11**  
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 provided.  
\$35 social member | \$50 fitness and nonmember  
Artist: Julie Johns  
**Registration required by April 7**

## Spring Sip and Paint

**1-3pm, Wednesday, April 12**  
It's spring and time to brighten up your walls with a spring themed tree painting. In this beginner acrylic class you will learn techniques to create beautiful piece of art featuring spring trees to hang on your wall.  
Instructor: Pennie Eisenbeis  
\$35 social member | \$45 fitness and nonmember  
**Registration required by April 7**

## Handmade Multi-Use Palette

**7-8:30pm, Friday, April 14**  
Create a palette from clay in your favorite shape to fit your needs. It can be used to hold jewelry, small craft supplies like beading and more. The uses are endless. Bring a 4X6 to 8X8 printed out shape you would like to use or we will create the perfect organic form together.  
Instructor: Anna Glenski-Kjose  
\$45 social member | \$55 fitness and nonmember  
**Registration required by April 10**

## Three easy ways to register for programs and activities

1. Give us a call at 507-287-1404
2. In person at Membership Services
3. \*Email: [info@125livemn.org](mailto:info@125livemn.org). \*Must have credit card on file. Send an email with your name, classes you want to register for and we will sign you up and reply back with a receipt confirmation.

## Get to know your iPhone

**6-7pm, Wednesday, March 1  
12-1pm, Thursday, March 9**  
Do you have specific questions about your iPhone? Submit your questions prior to this course, and learn the answers to your specific questions from technology.  
Registration Fee: \$10 social member / \$15 fitness and nonmember  
Instructor: Katie Helwig  
**Registration required by February 27 and March 7**

## Mayo Clinic Dietetic Talks: How to Optimize your Nutrition for an Active Lifestyle

**6:30-7:30pm, Thursday, March 2**  
Please join Ellie Rautio, Dietetic Intern from Mayo Clinic to learn how to fuel before, during, and after your workouts. We will discuss important components of a well-rounded diet including protein, carbohydrates, and supplements and how they can be used to build a strong, healthy body. Please consider a donation to our food pantry also.  
Free and open to the public  
**Registration required by March 1**

## Hand Massages and Blood Pressure Checks

**1:30-3:30pm, Thursdays, March 2, 9, 16, 23, 30**  
Nursing students from Winona State University will be here on Thursdays to give hand massages and perform blood pressure checks. Sign up on the door of Room 205 (next to Membership Services)  
Free for 125 LIVE members

## One-on-One Session with Technology Instructor Katie Helwig

**10-4pm, March 4 (Choose a 30 minute or 1 hour slot)**  
Have you attended any of Katie's classes and have more questions? Sign up for a 30 minute or 1 hour time slot to meet with her and get detailed answers to your questions. Please provide a list of questions and as many details as possible prior to your session. Bring any devices you have questions on to your session.  
**30 minute session:** \$25 social member | \$30 fitness and nonmember  
**60 minute session:** \$40 social member | \$50 fitness and nonmember  
**Registration required by March 1**

## Coffee with Sylwia and Ken

**11am-12pm, Monday, March 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 leadership staff for coffee. Stay informed, connected, and involved.  
**No registration required.**

## Bingo Tuesdays

**11-11:30am, Tuesdays, March 7, 14, 21, 28**  
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.**

## Intro to Medicare

**1-2pm, Tuesday, March 7  
2-3pm, Wednesday, March 22**  
Questions about Medicare? Come to our free Medicare 101 workshop. You will learn the parts of Medicare and how they work, different types of plans, deadlines and enrollment periods, and how to avoid penalties.  
Presenter: Prime Time Health Advisors  
Free and open to the public  
**Registration required by March 6 and 21 respectively**

## International Women's Day

**9-11am Wednesday, March 8**  
Cheers to the achievements of women with a cup of coffee with a little Bailey's on International Women's day with 125 LIVE  
**No registration required**

## Mayo Clinic Dietetic Talks: The Beginners Guide to a Whole-Food, Plant Based Diet

**6:30-7:30pm, Thursday, March 9**  
Please join Carly Olin, Dietetic Intern from Mayo Clinic to discuss different plant-based diets, their benefits, and how to incorporate more whole, plant-based food into your diet. Please consider a donation to our food pantry to help those with food insecurities.  
Free and open to the public  
**Registration required by March 8**

## Community Talks

**11:30am-12:30pm, Friday twice monthly**  
**March 10-** Norman Wahl, CM Ward 3  
**March 24-** Heidi Welsh, Olmsted County Administrator  
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.  
Free and open to the public.

## Art Reception

**5:30-6:30pm, Monday, March 13**  
Join us to learn about the artists who are currently exhibiting at 125 LIVE. A short presentation at 5:45pm by our Art Gallery Curator, Beth Sievers, will be followed by a self-guided tour of the artists' work. Light refreshments provided.  
Free and open to the public.  
**Registration required by March 12**

# March Events 2023

## Castle Quilters St. Patrick Sidewalk Sale

8-12pm, Monday, March 13

Come and peruse the many quilting projects made by the Castle Quilter's. Perhaps you will find something for yourself or a gift for a friend or family. Located at the Marketing Table.

## Forte' Open House

11am-1pm, Tuesday, March 14

Forte' 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. Meet at the 125 lobby. A shuttle service will be provided. Limited spots, must register to reserve a shuttle seat. Free and open to the public.

**Registration required by March 10**

## It's a Pi/Pie Kind of Day

12-1pm, Tuesday, March 14

Enjoy a slice of pie with members as we celebrate Pi day. Vote for staff members to have a pie thrown in their face.

Free for social members | \$4 fitness and nonmembers

**Registration required by March 12**

## 125 LIVE Foodie Group: St. Patrick's Day

2pm, Thursday, March 16

Join us as we venture out on a field trip in honor of St. Patrick's Day. The group will be eating at the restaurant *Olde Brick House* in downtown Rochester. This outing you will need your own transportation to the restaurant and purchase your own food/drinks. No charge to join the outing, but please register so we know how many to expect for a late lunch/ early dinner.

**Registration required by noon on March 14**

## Cops and Coffee

11am-12pm, Thursday, March 16

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**

## Mayo Clinic and 125 LIVE Presents: World Sleep Day

Friday, March 17 Happy World Sleep Day

12-1pm, Mayo Clinic Center for Sleep Medicine

Lindsey Burr, RN will discuss the aspects of sleep hygiene that contribute to a rejuvenating nights rest.

Free and open to the public.

**Registration required by March 16**

## 1-2pm Chair Massages

After learning about how important sleep is, enjoy a free chair massage from Andromeda Savage.

**No registration required**

Free for 125 LIVE members

## 1:15-1:30pm Meditation

Join Jen to experience a 15 minute relaxation body scan to release stress and allow the body to be at rest.

**No registration required**

## Adult FA/CPR/AED Blended Learning

9-10:30am, Saturday, March 18

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 March 11.**

## 911 Presentation: Janelle Rosin - Emergency Communications at Rochester Police Department, serving all of Olmsted County

11am-12pm, Monday, March 20 or

2-3pm, Tuesday, March 21 or

12-1pm, Wednesday, March 29

Janelle Rosin, with Emergency Communications at the Rochester Police Department, will discuss how 911 works, when to call 911 and what the most important information is. She will also talk about scam callers, lift assists and Safe City Night information.

Free and open to the public.

**Registration required by March 19, March 20 or 28 respectively.**

## WSU Nursing Students Presentation: Diabetes Awareness

1-2pm, Tuesday, March 21

According to the CDC, diabetes impacts about 1 in 10 Americans. This chronic disease is preventable and manageable. The WSU senior nursing students will present information about: contributing causes of diabetes, blood sugars, hypertension, hyperlipidemia, smoking cessation, lifestyle changes, modifiable factors, and dietary supplements.

Free and open the public.

**Registration required by March 20**

## Master Gardeners: Tomato Tuesday

12-1pm, Tuesday, March 21

Join Master Gardener, Hutton Kearney, to learn tomato growing tips, information on varieties and much more.

Free and open to the public.

**Registration required by March 20**

## Introduction to Selling your Stuff Online

12-1pm, Wednesday, March 22

6-7pm, Thursday, March 23

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. Join instructor Katie Helwig as we discuss how to photograph, describe, price and ship your stuff.

Instructor: Katie Helwig

\$5 social members | \$15 fitness and nonmember

**Registration required by March 21 and March 22 respectively**

## Member Happy Hour and New Member Welcome

4:30-6pm, Friday March 31

Thank you to the Elks Lodge for sponsoring Happy Hour. Enjoy meeting new members and socializing with friends with a cocktail or mocktail.

Free Social members | \$10 Fitness member | \$15 nonmember

**Registration required by 12 noon March 30**

## Kettle Bells Class

10-10:30am, Saturdays, April 1, 15, 22, 29

(No class-April 8)

Kettlebells offer a different kind of training using dynamic, ballistic moves targeting almost every aspect of fitness: strength, balance, agility, and cardio endurance.

\$25 Fitness member | \$30 Social and nonmember

**Registration required by March 28**

## Smart Driver Tek

10-11:30 am, Tuesday, April 4

Technology is changing the driving experience. The new Smart Driver Tek workshop, developed jointly by AARP Driver Safety and The Hartford, will keep you aware of the latest high-tech safety features in your current or future car.

Free and open to the public.

**Registration required by April 3**

## \$5 5K Run at TerraLoco

6pm, Monday, April 3

Join us at TerraLoco for their \$5 5K. 125 LIVE is their charity partner for this week. (Weather dependent). You can help support 125 LIVE three ways:

1. \$5 cash registration fee to participate in the 5K run/walk.
2. Shop at TerraLoco from 5-7pm, and they will donate 5% to 125 LIVE.
3. Eat at Sorellina's all day long, mention TERRALOCO and they will donate 25% to 125 LIVE.

Bring your friends, dog, grandkids and help support 125 LIVE.

No registration required, just bring \$5 cash the day of to TerraLoco.

## Forte' Open House

11am-1pm, Tuesday, April 11

Forte' 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. Meet at the 125 lobby. A shuttle service will be provided. Limited spots, must register to reserve a shuttle seat.

Free and open to the public.

**Registration required by April 7**

## Book Swap

4-5:30pm, Wednesday, April 19

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. Appetizers and drinks provided.

Free social member | \$10 fitness and nonmember

**Registration required by April 18**

## Coming soon! 125 LIVE SENIOR PLANET Technology Classes

Senior Planet from AARP harnesses technology's power to change how we age. Senior Planet is much more than the latest gadgets, apps, and websites. Our organization aims to enable older adults to come together and find ways to learn, work, create, and thrive in today's digital age.

# Pottery and Art Classes

## Hopping Good Time

7-8:30pm, Friday, March 3

Snow is melting and spring is in the air. Come join us in the studio to hand-build your very own Bunny to help bring spring to your table. Once your bunny is made you'll be able to use underglaze to give it color then it will be dipped in a clear glaze for finishing. Alcoholic beverages, non-alcoholic beverages and snacks will be available during the class.

Instructor: Anna Glenski-Kjose

\$45 per person social | \$55 fitness and nonmember

**Registration Required by March 1**

## Ladies Night Mud and Mimosa

4-6:30pm, Saturday, March 4

125 LIVE is inviting all Rochester area ladies to enjoy an afternoon 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 those 21+ with an ID. Non-alcoholic beverages will be available also.

Instructor: Anna Glenski-Kjose

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

**Registration required by March 1**

## Sip and Paint-Sunset on an Ocean

4-5:30pm, Saturday, March 4

Enjoy this beginner class learning how to paint with acrylics. You will paint a sunset on the ocean.

Instructor: Naylyne Leonard

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

**Registration required by March 2**

## Asian Brush Painting: Beginner and Continuing

2-4 pm, Mondays, March 6-27 (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 March 3.**

## Easter Egg and Carrot Basket

1:30-3:30pm, Tuesday, March 14

Join the afternoon with friends painting eggs and making paper carrots. Please bring 1-2 bags of candy to fill your paper carrots and a small to medium size basket/container to arrange your creations in. Materials for eggs and carrots will be provided.

\$12 social members | \$15 fitness & nonmembers

**Registration required by March 12**

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

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