

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. *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.

Intro to Wheel Part 2

4-6pm, Mondays, July 10, 17, 24, 31 (4 sessions)

This four-week class builds on Wheel Part 1. You'll 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.

Materials included: 25lbs of clay. Prerequisite: Intro to Wheel Part 1

Instructor: Alexis Zaccariello

\$170 social members | \$188 fitness & nonmembers

Registration required by July 6.

Intro to Wheel Part 1

1-3pm, Tuesday-Friday, July 11, 12, 13, 14 (4 sessions)

This class covers basic wheel-throwing techniques. The studio provides unlimited practice clay for your use. All tools are included in the class fee. This class is about learning to throw. Most pots will be cut in half to evaluate. No prior experience is required.

Instructor: Alexis Zaccariello

\$100 social members | \$114 fitness & nonmembers

Registration required by July 6.

Learn to Stretch an Artist Canvas

1-3pm OR 6:30-8:30pm, Tuesday July 11

Learn to build a wooden stretcher, 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" x 40" canvas. Materials for this class are provided.

Instructor: Julie Johns

\$60 social members | \$73 fitness & nonmembers

Registration required by July 6.

Blue Indigo Napkin Dyeing

6-7:30pm, Wednesday, July 12

Create a unique set of cloth napkins that are hand dyed by you! You'll learn a series of folds utilized in Japanese Shibori Dyeing while crafting four blue cotton napkins.

Instructor: Abbey Potter

\$41 social members | \$53 fitness & nonmembers

Registration required by July 5.

Intro to Wheel Part 2

10am-12pm, Tuesday, July 18-August 8 (4 sessions)

This four-week class builds on Wheel Part 1. You'll 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.

Materials included: 25lbs of clay. Prerequisite: Intro to Wheel Part 1

Instructor: Carolyn Real

\$170 social members | \$188 fitness & nonmembers

Registration required by July 14.

A Ladies Summer: Strawberry Fields

5:30-7:30pm, Friday, July 14

125 LIVE would like to invite you and your besties to a pottery painting class while enjoying wine together on our outdoor patio. You will be led through step-by-step instructions. Class will be moved into our indoor studio in the event of inclement weather.

Instructor: Anna Glensk-Kjose

\$45 social members | \$57 fitness & nonmembers

Registration required by July 12.

Intro to Wheel Part 2

6-8pm, Thursday, July 20 – August 10 (4 sessions)

This four-week class builds on Wheel Part 1. You'll 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.

Materials included: 25lbs of clay. Prerequisite: Intro to Wheel Part 1

Instructor: Spencer Johannes

\$170 social members | \$188 fitness & nonmembers

Registration required by July 10.

Basic Oil Painting

1-3pm or 6:30-8:30pm, Tuesdays, July 18-August 22 (4 sessions)

Learn the basics of working with oils. 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. Supply list provided on registration receipt.

Artist: Julie Johns

\$125 social members | \$141 fitness & nonmembers

Registration required by July 12.

Knit Dishcloth

1-3pm, Tuesdays, August 1 and 8 (2 sessions)

In this very beginning knitting class, learn how to knit while creating your own dish cloth. We'll learn how to cast on, knit, and cast off over two class sessions.

Instructor: Abbey Potter

\$27 social members | \$38 fitness & nonmembers

Registration required by July 25th.

Fruit Embroidered Dish Towel

3-5pm, Monday, August 7

Learn how to embroider simple stitches while creating your own fruit-themed dish towel. Each artist will create their own unique towel.

Instructor: Abbey Potter

\$32 social members | \$43 fitness & nonmembers

Registration required by August 1.

Watercolor Cards

2-4pm, Thursday, August 10

In this beginner watercolor class, learn simple watercolor techniques to create beautiful cards to share with others. Some techniques you will learn are flat wash, wet on wet blending, and basic color theory. All supplies are included in the class and up to four finished cards will be completed.

Instructor: Abbey Potter

\$30 social members | \$41 fitness & nonmembers

Registration required by August 6.

A Ladies Summer: Mountains

6:30-8pm, Wednesday, August 16

Summer is here but that doesn't mean you should stop seeing the girls and doing art together. 125 LIVE would like to invite you and your besties to a pottery painting class while enjoying wine together on our outdoor patio. You will be led through step-by-step instructions. Class will be moved into our indoor studio in the event of inclement weather.

Instructor: Anna Glensk-Kjose

\$45 social members | \$57 fitness & nonmembers

Registration required by August 14.

Spooky Vibes-Adult and Me 13+

1-2:30pm, Saturday, August 26th OR September 9

Calling all Halloween loving people 13 years and over. Come learn to make a hand-built clay jack-o-lantern together to start off your Halloween vibes. Each person will make one jack-o-lantern that will be glazed in orange and will be made to hold a tea light. A fall snack and drink will be provided.

Instructor: Anna Glensk-Kjose

\$35 social members (applies to youth of social member as well)

\$46 fitness & nonmembers.

*** Each person needs to register separately***

Registration required by August 23 and September 6.

125 LIVE Variety Show

3-4:30pm, Wednesday, June 14

Enjoy an afternoon watching fellow 125 LIVE members share their hidden talents with everyone. Light refreshments to follow.

\$5 social members | \$7 fitness & nonmembers

Registration required by June 13.

125 LIVE Annual 4th of July Celebration

11am-1pm, Monday, July 3

To celebrate the 4th of July, come to our outdoor BBQ where you can enjoy lunch, friendship, and music from the Preserves. Wear red, white and blue! All 125 LIVE members and the public are invited to attend. Bring a lawn chair. Lunch will include: hot dog bar with all the fixings, chips, dessert and a beverage.

\$5 social members | \$7.50 fitness | \$10 nonmember

Registration required by June 29 at 12pm.

Mayo Clinic Dietetic Talks: Fiber

6:30-7:30pm, Thursday, June 1

Mayo Clinic dietetic intern, Kelly Hastings will be joining us this month to discuss why fiber is important to have in your diet and different ways you can add fiber into your diet.

Free and open to the public

Registration required by May 31.

Coffee with Sylwia and Ken

11am-12pm, Monday, June 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.

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.

\$20 social member per session | \$31 fitness & nonmembers

Sign up for all 3 sessions for a discount:

\$50 social members | \$62 fitness & nonmembers

Registration required the day prior to each class.

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

1-2:30pm, Monday, June 5

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.

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

1-2:30pm, Wednesday, June 7

Discuss proven streamlined publishing processes.

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

1-2:30pm, Friday, June 9

Polish off your writing and independent publication journey with practical demonstrations

Bingo Tuesdays

11-11:30am, Tuesdays, June 6, 13, 20, 27

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.

Elder Network: Summer Hours

9-11am, Tuesday, June 6 and June 20

Kate will have summer hours May through September. You can also schedule an appointment Monday through Friday with her at The Elder Network office. Call 507-285-5272, Ext #6 for an appointment.

Defensive Driving Courses

8 Hour Initial Course:

9am-6pm, Wednesday, June 7 (1 hour break in middle)

4 hour Refresher Course:

9am-1pm, Wednesday, June 14

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, techniques to recognize and quickly react to danger. Drivers aged 55 should take the initial course. Then, every three years, the 4-hour refresher.

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

Registration required by June 6 and June 13.

Wednesdays at noon in June– The Internet and Beyond

12-1pm, Wednesdays, June 7 and 14

Join us for an interactive discussion about digital technology.

- Affordable Home Internet –Do you qualify for free and discounted home internet?
 - Senior Planet presentations–Learn about upcoming classes and hands-on workshops
 - Share your ideas– What do you want to learn about technology? Social members free | \$10 fitness & nonmembers
- Registration required by June 7 and June 14, respectively.**

Community Talks

11:30am-12:30pm, Friday twice monthly

June 9: TBD

June 23: Mayor Kim Norton

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 for 125 LIVE members | \$10 nonmembers (day pass required)

Global Wellness Day

Saturday, June 10

10am: Zumba on Peace Plaza with Annie, Jan, and Tamsin

11am: Aqua Zumba at Even Hotels

12pm: samples of healthy salads, smoothies, and other healthy dishes to try at Even Hotels

1pm: Vinyasa Yoga Flow with Sunny on Even Hotels patio

125 LIVE is excited to be partnering with Even Hotels for Global Wellness Day. Please feel free to join any or all classes and events and invite your friends to be a part of the activities. Parking on streets and in ramps is free on the weekends.

Free and open to the public. No registration required.

Mayo Medical School Senior Sages Information Session

9:30-10:30am, Tuesday, June 13

A 4-year longitudinal program that provides medical students with a unique opportunity to learn more about the aging process from an expert who has experienced it firsthand, their senior sage. A great opportunity to connect with students and make an impact in the future of American healthcare, communicate your experiences and wisdom to the younger generation, and volunteer your expertise to our community.

Free and open to the public | No registration required.

June Events 2023

NEW: Veterans Advocacy Group

9-11am, Wednesday, June 14 and ongoing

6-8pm, Wednesday, June 28 and ongoing

125 LIVE welcomes the Veterans Advocacy Group to our schedule of support groups. This is a free service to help answer questions about benefits, supply contacts, and help our heroes and their families lead high-quality lives with respect and dignity. All of us are Veterans and are here to help. Open table and private discussions as needed. Stop by to ask a question or two, discuss a topic, or just sit and talk about your experiences. Free and open to the public. | No registration required.

Basic Music Theory

11am-12pm, Thursdays, June 15-July 6 (4 sessions)

6:30pm-7:30pm, Thursdays, June 15-July 6 (4 sessions)

What exactly is music? Learn basic music notation: notes, rests, time signatures, tempo, key signatures, scales, chords, intervals and expression.

Instructor: Julie Johns

\$50 social members | \$62 fitness & nonmembers

Registration required by June 13.

Adult FA/CPR/AED Blended Learning

9-10:30am, Saturday, June 17

This class is offered in a blended learning format where the participant must complete some coursework online and attend an in-person classroom session.

\$95 for members | \$105 for nonmembers

Registration required by June 12.

Master Gardeners: Green Discoveries with Young Children

12-1pm, Tuesday, June 20

Join Sue Thalacker to discuss promoting caretakers of the earth and learning basic requirements for growing plants and demonstrations/ experiments that would hopefully inspire adults to take the ideas and share with important little ones they know. Sue will have a delightful 6-year-old with to help with "Show and Tell."

Free and open to the public.

Registration required by June 19.

Senior Planet: Affordable Home Internet - Lecture

1-2:15 pm, Tuesday, June 20

Having home internet can help you save money, look for a job, connect with others, make everyday tasks easier, and much more! This lecture goes over basic information you need to know when signing up for home internet service. You'll also learn about the Affordable Connectivity Program (ACP), a permanent government program that helps qualifying low-income households pay for internet service and connected devices. In some cases, depending on your internet plan, the ACP discount may help you get home internet for free!

Presenter: Cheryl Thode

\$5 social members | \$15 fitness & nonmembers

Registration required by June 19.

Introduction to Medicare

12:30-1:30pm, Tuesday, June 20

Who should attend? People who are eligible now or will be eligible for Medicare. People who want to know about the basics of Medicare. Caregivers or supporters of Medicare beneficiaries. People who are interested in learning about Medicare Supplemental Insurance, Medicare Advantage Plans, and Medicare Prescription Drug Plans.

Presenter: John Kelly

Free and open to the public.

Registration required by June 19.

Senior Planet: Affordable Home Internet—Workshop

1-2:15 pm, Wednesday, June 21

In this hands-on workshop, you'll verify your eligibility for the Affordable Connectivity Program (ACP) and apply for the program using the online application!

Presenter: Cheryl Thode

\$5 social members | \$15 fitness & nonmembers

Registration required by June 20.

The SECURE Act – Four Key Considerations

1-2pm, Thursday, June 22

Join Continuum Financial Group for a discussion around the SECURE Act. You may not know what exactly the SECURE Act is in its entirety, but chances are that you are being affected by it. It's important to understand the key provisions, especially how your financial plan may be affected. We will discuss four key considerations for how this new law may affect your financial plan.

Rules Around:

o Required Minimum Distributions

o Qualified Charitable Distributions

o Changes to 529 Education Plans

o Changes to Catchup Contributions

We'll review all of these changes associate with this new law.

Presenter: Continuum Financial Group

Free and open to the public.

Registration required by June 21.

Sunday Member Brunch and New Member Welcome

11:30am-12:30pm, Sunday, June 25

Enjoy a brunch buffet while meeting new members and socializing.

Free for new members who joined in May.

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

Registration required by June 21.

How to Register Online for Classes at 125 LIVE

6-7:30pm, Monday, June 26

12-1:30pm, Thursday, June 29

12-1:30pm, Wednesday, July 5

6-7:30pm, Tuesday, July 11

125 LIVE is launching online registration for most registration-based activities and would like to invite you to learn how. In this course, you will learn how to access your online account, what functionalities are available in your account and how to perform them, what the online catalog will look like on different devices, and how to register for activities.

If you don't already have an E-mail on file, please provide membership services with your updated E-mail address. Prior to class, you will receive an E-mail link to either set up your account or change your password. This link will be used during class. Please bring either your mobile device or laptop to the class in order to follow along. A handout will be provided that you can take home. Free and open to 125 LIVE members.

Registration required day before each class.

Mayo Clinic Dietetic Talks: Eating for Heart Health

6:30-7:30pm, Thursday, July 6

Mayo Clinic dietetic intern, Tony Gagliardi will be joining us this month to discuss important information for eating healthy for your heart.

Free and open to the public.

Registration required by July 5.

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.

Pottery and Art Classes

Pretty & Prickly

7-8:30pm, Friday, June 2

Put away the winter coats and bring out the shorts! In this hand-building class you will make your own little ceramic cactus to either be pretty on your shelves or hold your very own prickly cactus plant. Summer drinks and snacks provided. Cactus plant not included.

Instructor: Anna Glenski KJose

\$45 social members | \$57 fitness & nonmembers

Registration required by May 31.

Hard Cover Book Binding Class

1-3pm, Tuesday, June 6 and Thursday, June 8 (2 sessions)

Book binding is a lifelong learned skill. During this two-part class, you will make a 5.5"x 5.5" book and learn to use the kettle stitch for book binding, and how to put the book together. You will take what you learn from this class and be able to make many more books to treasure. Most of the supplies will be provided. A list of items that need to be brought for the class are: 1) one piece of fabric at least 12" x 6.5" - a bandana works perfect, 2) scissors, 3) spool of thread, 4) needle.

Instructor: Pennie Eisenbeis

\$25 social members | \$36 fitness & nonmembers.

Registration required by June 5.

Intro to Wheel Part 1

6-8pm, Tuesday and Thursday June 6, 8, 13, 15 (4 sessions)

This two-week class covers basic wheel-throwing techniques. The studio provides unlimited practice clay for your use. All tools are included in the class fee. This class is about learning to throw. Most pots will be cut in half to evaluate. No prior experience is required.

Instructor: Jesus Rodriguez

\$100 social members | \$114 fitness & nonmembers

Registration required by June 1.

Intro to Wheel Part 1

10am-12pm, Tuesdays, June 6-27 (4 sessions)

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. This class is about learning to throw. Most pots will be cut in half to evaluate. No prior experience is required.

Instructor: Carolyn Real

\$100 social members | \$114 fitness & nonmembers.

Registration required by May 30.

Fairy House

6-8pm, Thursday, June 8 and, Tuesday, June 27 (2 sessions)

Welcome the fairies into your backyard by creating a fairy house. You may be lucky enough that they take up residence. This class will meet twice (session 1 - build, and session 2 - glaze. You will be contacted in July when to pick up your house.

Instructor: Carolyn Real

\$60 social members | \$73 fitness & nonmembers

Registration required by June 1.

Watercolor and Ink Mindfulness Doodles

1-3pm OR 6:30-8:30pm, Tuesday, June 13

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 for the class will be provided.

Artist: Julie Johns

\$40 social members | \$51 fitness & nonmembers

Registration required by June 6.

Firecracker Piñatas

2-4pm, Wednesdays, June 14 and June 21 (2 sessions)

Prepare for the ultimate 4th of the July celebration by creating your own piñata. We'll construct the body and begin decorating week one, and finish decorating and fill piñatas week two. Bring your own candy.

Instructor: Abbey Potter

\$40 social members | \$51 fitness & nonmembers

Registration required by June 9th.

Intro to Wheel Part 1

6-8pm, Wednesdays, June 14-July 5(4 sessions)

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. This class is about learning to throw. Most pots will be cut in half to evaluate. No prior experience is required.

Instructor: Spencer Johannes

\$100 social members | \$114 fitness & nonmembers

Registration required by June 9.

A Ladies Summer: Wild Flowers

6:30-8pm, Thursday, June 15th

Summer is here, but that doesn't mean you should stop seeing the girls and doing art together. 125 LIVE would like to invite you and your besties to a pottery painting class while enjoying wine together on our outdoor patio. You will be led through step-by-step instructions. Class will be moved into our indoor studio in the event of inclement weather.

Instructor: Anna Glenski KJose

\$45 social members | \$57 fitness & nonmembers

Registration required by June 13th.

Floral Door Hanging

2-4pm, Thursday, June 22

Create a series of paper flowers to adorn your door this summer. We will learn a series of folds and cuts to apply to your own flowers to create this festive decoration.

Instructor: Abbey Potter

\$25 social members | \$31 fitness & nonmembers

Registration required by June 16th.

Intro to Wheel Part 2

6-8pm, Thursday, June 22 and 29, July 6 and 13

This four-week class builds on Wheel Part 1. 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.

Materials included: 25lbs of clay. **Prerequisite:** Intro to Wheel Part 1

Instructor: Jesus Rodriguez

\$170 social members | \$188 fitness & nonmembers

Registration required by June 19.

Paint with Me

10-11am, Saturday, June 24

10-11am, Saturday, July 22

10-11am, Saturday, August 26

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. Price is per person. If both adult and child wish to paint a piece, each individual should register and pay the class fee.

\$20 social members | \$30 fitness & nonmembers

Registration required by June 23, July 21 or August 25

Glass Fused Tile

1-2:30pm, Thursday, July 6

Have you ever wanted to work with glass? Now's your chance! Learn how to cut glass while composing your own beautiful glass tile. Pieces will be fired after the course and will be available for pick up at a later date.

Instructor: Abbey Potter

\$60 social members | \$73 fitness & nonmembers

Registration required by June 22.

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

Make sure to check for an E-mail copy of your receipt!