

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.

Cinco De Mayo Fiesta

11:30am-1pm, Friday, May 5

It's a fiesta!! Enjoy a taco bar, margaritas, piñata and mariachi music as we celebrate Cinco de Mayo.

\$12 social members | \$18 fitness members | \$24 nonmembers
Registration required by May 1.

Walking Club

11am-12pm every Tuesday and Thursday

Spring is in the air and the weather is telling us it is time to go back outside to enjoy a brisk walk along the city trails. Volunteers lead this outdoor walk twice a week seasonally. Meet out in front of 125 LIVE

Free and open to the public | No registration required.

Outdoor Cycle Club

9-10:30am every Friday

Dust off your bikes and give them a tune up or check one out from 125 LIVE at Membership Services every Friday and enjoy a bike ride led by a 125 LIVE volunteer. Meet outside the facility.

Free and open to the public | No registration required.

Coffee with Sylwia and Ken

11am-12pm, Monday, May 1

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.

Party for the Pool Members

2:45-4:45 pm, Tuesday, May 2

Back in March, the Aqua members won the food drive contest, and we are throwing a party as a token of our appreciation. So meet your friends downstairs in the Gathering Space for snacks and drinks!

Fitness members free | \$5 social & nonmembers.

Registration required by May 1.

Elder Network: Summer Hours

9-11am, Tuesday, May 2 and May 16

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

Bingo Tuesdays

11-11:30am, Tuesdays, May 2, 9, 16, 23, 30

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.

Mayo Clinic Dietetic Talks: Probiotics and Prebiotics

6:30-7:30pm, Thursday, May 4

Mayo Clinic dietetic intern, Kelly Hastings, will talk about the difference between probiotics and prebiotics, the importance of consuming both, and how to incorporate them in your diet.

Free and open to the public

Registration required by May 3.

Ladies Afternoon Mimosas and Mud

4-5:30pm, Saturday, May 20th

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. Nonalcoholic beverages are also available.

Instructor: Anna Glenski-Kjose

\$45 social members | \$55 fitness & nonmembers

Registration required by May 16.

Sip and Paint— Patriotic Flag

1:30-3:30pm, Wednesday, May 24

Enjoy time with friends and show your patriotism by painting a flag. This painting can be displayed for the all national holidays or any time of year. While painting enjoy a glass of wine or non-alcoholic beverage. This class is open to 18+. Wine only served to 21+ with ID.

Instructor: Pennie Eisenbeis

\$35 social member | \$46 fitness or nonmember

Registration required by May 22.

Paint with Me

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

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

Registration required by May 26.

Pretty & Prickly

7-8:30pm, Friday, June 2nd

Put away the winter coats and bring out the shorts! In this hand building class you will make your very own little ceramic cactus to either be pretty on your shelves or hold your very own prickly cactus plant. Summer drinks, and snacks are 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

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 all together. You will 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 provided for the class are as follows: 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

10am-12pm, Tuesdays, June 6-27 (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: Carolyn Real

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

Registration required by May 30.

The Garden Workshop

9am-12pm, Saturday, May 6th *OR*

9-10:30am Tuesday & Thursday May 9th & 11th

Spring has sprung and our gardens await us! In this Garden themed workshop you will hand build a couple different items for your garden. Once all made, you will decorate with our underglazes that will then be dipped in a clear glaze for finishing. Plant labels, toad house, insect water dish and a bird feeder are your options.

Instructor: Anna Glenski-Kjose

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

Registration required by May 2 and May 5 respectively.

A Mother's Morning

10:30am-12pm, Sunday, May 7th *OR*

10:30am-12pm, Saturday, May 13th

Try your hand at working on the pottery wheel and celebrate Mother's Day by spending some quality time together or making the women you look up to the perfect gift! To help celebrate, pastries and mimosas will be served. Mimosas will only be served to 21+ with ID. Non-alcoholic beverages are also available.

Instructor: Anna Glenski-Kjose

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

Registration required by May 3 and May 9 respectively.

Intro to Wheel Part II

10am-12pm, Tuesdays, May 9-30 (4 sessions)

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. Materials include a 25lb block of clay.

Prerequisite: Intro to Wheel Part I

Instructor: Tom Sandoe

\$170 social members | \$195 fitness & nonmembers

Registration required by May 4.

Learn Perspective Drawing

1-3 or 6:30-8:30pm, Tuesday May 9

Learn to draw in 1, 2 and 3 point perspective. We'll draw a cityscape in each type of perspective. Materials provided. Artist: Julie Johns

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

Registration required by May 5.

Gettin' Lit - Ladies Night

7-8:30pm, Friday, May 12

You are invited to experience our state-of-the-art pottery studio. During this Ladies' Night, you will be hand-building three tea light holders for your house while enjoying a glass of wine. Once they are all made, you will have the chance to decorate them with underglazes that will then be dipped in a clear finish, or choose to leave them a simple white glaze.

Instructor: Anna Glenski-Kjose

\$45 social members | \$55 fitness & nonmembers

Registration is required by May 8.

Sip and Paint: Intuitive Abstract Workshop

1-2:30pm, Saturday, May 13 *OR* 1-2:30pm, Tuesday, May 16

If you're someone who has little or absolutely no experience at all painting intuitively to create abstract works but wants to explore this genre, then this is the class for you. Create small works on paper with acrylic paint, colored pencils, and crayons.

Instructor: Mona Arcega

\$35 social members | \$47 fitness & nonmembers

Registration required by May 11 and May 14 respectively.

Intro to Wheel Part 1

6-8pm, Tuesdays and Thursdays, May 16, 18, 23, 25

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 May 11.

May Events 2023

Smart Driver Tek

10-11:30 am, Tuesday, May 9

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 May 8.

Forté Open House

11am-1pm, Tuesday, May 9

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

Register required by May 5.

Senior Planet: Internet of Things

1-2:15 pm, Tuesday, May 9

The "Internet of Things" is rapidly growing, from smart thermostats to fitness trackers. Join us for an overview of the world of internet devices and a discussion of best practices for securing your devices. You'll also learn about the technology fueling smart homes and smart cities. Content provided by Senior Planet from AARP.

Presenter: Cheryl Thode.

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

Registration required by May 8.

NEW: Veterans Advocacy Group

9-11am, Wednesday, May 10 and ongoing

6-8pm, Wednesday, May 24 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, information 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.

Sight-reading and Ear-training 101

12:30-1:30, Wednesdays, May 10 and May 17 (2 sessions)

Are you in a choir? Do you want to be more confident with new music? Whether you are a solo singer or in an ensemble, this course is for you. Vivian Lark, a local musician and instructor, teaches you how to read and sing music more efficiently. Learn how to identify notes on the staff in basic theory as well as intervals (distances) between notes in this 2 session course.

Instructor: Vivian Lark

\$55 social members | \$67 fitness and nonmember

Registration required by May 8.

Aqua Zumba Party

6:30-8:30pm, Friday, May 12

Join the 125 LIVE Aqua Zumba instructors for this splashing good time. Get together with your friends and dance the night away in the warm water pool. Cocktails and soft drinks will be provided. All are welcome to attend.

Fitness members free | \$5 social and nonmembers.

Registration required by May 9.

Community Talks

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

May 12: Council President Brooke Carlson

May 26: Senator Carla Nelson

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 | No registration required.

Mayo Clinic Presents: Healing Rhythms Music Therapy for Dementia and Alzheimer's

1-2pm, Monday, May 15

Welcome Christina Wood of Healing Rhythms Music Therapy. She is presenting on how music as a therapeutic intervention can enhance the lives of patients and their families, specifically those diagnosed with dementia and Alzheimer's disease.

Free and open to the public.

Registration required by May 14.

Master Gardeners: Flowers for Pollinators

12-1pm, Tuesday, May 16

Join Master Gardener Catherine McBride as she will present "Flowers for Pollinators: How to Make Your Yard Bee-Friendly."

Free and open to the public.

Registration required by May 15.

Introduction to Medicare with Prime Time Health Advisors

1-2pm, Tuesday, May 16

Do you have questions about Medicare? Come to our free Medicare 101 workshop! Whether you are already on Medicare and just looking for a refresher, or if Medicare will be new to you, or you know that Medicare is on the horizon. By attending, 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 May 15.

Cutting the Cable Cord

6-7pm, Wednesday, May 17 or

12-1pm, Thursday, May 18

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 they work? Curious about the true cost savings of "cutting the cable cord" and switching to streaming services? Attend this class to get an introduction to all of the streaming services available to you. The 45-minute presentation will be followed by a 15-minute Q&A session.

Instructor: Katie Helwig

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

Registration required by May 16 and May 17 respectively.

Intro to Piano for Adults

10-11am, Wednesday, May 17, 24 and May 31 (3 sessions)

This course offers the opportunity to begin learning the piano and to explore a love of music. Intro to Piano is for beginner students with little to no experience. Vivian Lark, a local music instructor and musician, will teach the basics of technique, common hand positions, music theory, and rhythm. Included in the course is the option to take home a mini roll up piano for practice if you do not already have one. Students interested in this course should only commit to attending all 3 sessions, and also time to practice in between.

Instructor: Vivian Lark

\$100 social members | \$115 fitness & nonmembers

Registration required by May 15.

Cops and Coffee

11am-12pm, Thursday, May 18

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, May 20

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 for nonmembers

Registration required by May 15.

Mayo Clinic Presents: Stroke- When Minutes Matter

10-11am, Thursday, May 18

Stroke affects one in every six people during their lifetime. Come join a local stroke nurse to learn about common risk factors for stroke and strategies to help decrease that risk. Information will be presented on risk factors for stroke including a self-assessment tool, ways to decrease risk, signs of stroke, and what to do if someone is having a stroke.

Presenter: Jenn Wells-Pitman, Mayo Clinic stroke coordinator

Free and open to the public.

Registration required by May 17.

Intro to Drones

9-11am, Tuesday, May 23

Join Brad Clark from Eagle Eye Viewings to learn about the expanding world of drones. He will provide a comprehensive knowledge base for anyone potentially interested in flying drones or any other unmanned or remote controlled aircraft for recreation legally, safely, and responsibly. The discussion will include the different kinds of drones and how they are compared to other types of remote controlled aircraft, the FAA and how it governs aircraft, and what the T.R.U.S.T certification is. You will have an opportunity to join Brad in a demo of drone flying, ask questions, and work on the T.R.U.S.T. free online exam.

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

Registration required by May 21.

Trivia Time: US Citizenship Trivia

1-2:30pm, Wednesday, May 24

How well do you know your US Trivia? Join 125 LIVE's newest US Citizen Sylvia Bujak Oliver as she quizzes us on the questions you must know to become a US citizen. Teams of four will compete to bring forward the best answer to win 125 LIVE swag! Don't worry if you don't have a team, we can help with that. Have a team of four? Great, come ready as a team and you will be put together. Drinks and refreshments provided.

Social members free | \$5 fitness & nonmembers

Registration required by May 23.

Member Happy Hour and New Member Welcome

4:30-6pm, Friday, May 26

Enjoy meeting new members and socializing.

Free for new members who joined in April.

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

Registration required by May 22.

Protect Yourself Against Identity Theft

1-2pm, Thursday, May 25

This seminar outlines ways personal information can be compromised; steps that can be taken to protect personal information; and what clients and prospects can do if they are a victim of identity theft.

Presenter: Continuum Financial Group

Free and open to the public

Register by May 24

Senior Planet: Protecting Your Personal Information Online

1-2:15 pm, Wednesday, May 31

This presentation will cover the ins and outs of protecting your personal information online. Tips for staying safe in cyberspace, like creating strong passwords, managing spam, how recognizing email and text scams, and when it's OK or not to share your personal information online.

Presenter: Jim Anderson

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

Registration required by May 30.

Mayo Clinic Dietetic Talks: Fiber

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

Mayo Clinic dietetic intern, Kelly Hastings will talk 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.

Celebrating the Minnesota Senior Spirit

2-3:30pm, Thursday, June 1 and

6-7:30pm, Thursday, June 1

"Celebrating the Minnesota Senior Spirit!" is a free public event recognizing and celebrating the lives of three Minnesotans who continue to find joy and meaning in their lives, while inspiring others to keep seeking new challenges well into their senior years.

Catherine Park (Artist and Yoga Master), **Fred Woolman** (Health and Fitness Coach), and **Clarence Bischoff** (Environmentalist and Activist), all over 80 years old, will be featured in video stories sharing their life experiences and current passions. Video producer and 125 Live member, Warren Harmon will premiere the videos. Catherine, Fred, and Clarence will all participate in an interactive panel discussion moderated by KAAL-TV's Ron Hanson following both screenings

Free and open to the public | No registration required.

Defensive Driving Courses

8 Hour course: 9am-6pm, Wednesday, June 7

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 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 June 6 and June 13, respectively.

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

POTTERY AND ART CLASSES

Wacky Bowl

5:30pm-6:30pm, Monday May 8th

Come learn how to make your very own wacky bowl out of clay. This class it great for all ages. Each pair will make and decorate one bowl. This class is great for a child and adult to take, but all are welcome!

\$20 social members | \$31 fitness & nonmembers

Registration required by May 7.

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

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