

October Events 2023



September Events 2023

125LIVEMN.ORG | 507-287-1404
info@125livemn.org

Updated 8/26/23

Four easy ways to register for programs and activities!

1. Give us a call at 507-287-1404
2. In person at Membership Services
3. **Register online:** Go to 125livemn.org and click “online registration.” Follow the instructions on the welcome page of the 125 LIVE online catalog.
4. **Email:** info@125livemn.org. *Must have credit card on file. Send an email with your name, the classes you want to register for and we will sign you up and reply back with a receipt confirmation.

125 LIVE Operations Update Lunch

12-2pm, Friday, September 8

Join 125 LIVE at the annual 125 LIVE Operations Update where you will have the opportunity to hear about our recent successes, learning opportunities, future programs, and plans while enjoying a catered lunch from Charlie's Eatery and Pub.

Menu: Pot roast, mashed potatoes, vegetables, and roll with dessert from Flapdoodles Ice cream.

Following the presentation, enjoy live music from the D'Sievers.

\$25 for all members and nonmembers.

Sponsored by Premier Bank.

Registration required by 12pm on Tuesday, September 4.

New Spaces - 125 LIVE Open House

2-3pm Friday, September 8

Come on in and check out all the updates to the facility. The newly updated equipment in the Technology Learning Center, the additional space for NuStep and treadmills, and the newly completed large fitness space on the lower level.

Sponsored by Premier Bank.

Free and open to the public. No registration required.

Dueling Pianos and Pre-Performance Social Hour

Limited spots, register before it is too late!

Sign up early to reserve your spot.

Friday, September 29

4-4:45pm- Social Hour

5-7pm- Dueling Pianos Performance

A show you don't want to miss! An interactive, uniquely fun experience with two performers each on grand pianos entertaining the crowd with wit, humor and your favorite tunes. Two options available for your evening out with friends:

Social Hour:

Join friends for a social hour and a light dinner with cash bar available from 4-4:45pm before the show.

\$10 social members | \$15 fitness members | \$20 nonmembers

Dueling Pianos Performance:

Cash bar available. Space is limited and is expected to fill quickly.

\$30 social members | \$40 fitness members | \$50 nonmembers

Registration required by September 26.

If you would like to attend both the social hour and the performance you need to register for each one separately.

125 LIVE Social Bistro— UPDATE!!!

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. Starting August 1st, we are adding a social component to the meal.

Mondays: Music thru the decades

Tuesdays: Trivia

Wednesdays: WSU Presents educational talks from 9:30-10:30am

Thursdays: Dessert Bingo

Friday: Friday Concert from 10:30-11:30am in the River Room

Participants must register by 2pm the day prior.

Register by Friday at 2pm for Monday's meal.

Real Estate and Reality: Homeowners Associations— The Good, The Bad and The Ugly

10-11am, Tuesday, October 10

The fourth in a series of classes focusing on the housing needs of our senior community. If you have considered buying a townhome, condo or cooperative learn about the pros and cons of homeowner associations, and all the things to consider when looking to buy a new home.

Instructor: Jim Miner

Social members free | \$10 fitness members | \$20 nonmembers

Registration required by October 9.

Book Swap

11:30am-12:30pm, Thursday, October 12

Have you finished the stack of books on your bedside table? Is it time to try a new author? Bring a book and swap it with another one. Please only bring books in good to excellent condition. Appetizer and drinks will be provided.

Social members free | \$10 non-social members

Registration required by October 11.

Discovering Wines of the World

6:30-8pm, Friday, October 13

Join Autumn Gilliam, WSET certified Wine Educator, for a blind tasting of 4 wines coming from all over the world. We will have a guided tasting and attempt to guess what each variety is. Join us for a fun night of wine discovery. Cheers. Wine only served to 21+ with ID.

Instructor: Autumn Gilliam

\$25 social members | \$36 non-social members

Registration required by October 6.

Senior Planet: iPad Essentials Course

12:30-1:45 pm, Wednesdays & Fridays, October 18 - November 17

Learn to use an iPad for email and web research. Also, how to download apps to your device so you can stay connected online! This 5-week course meets twice a week covering the essentials of: using an Apple iPad, navigating the internet, and sending and receiving email. By the end of the 5-week course, you'll have a foundation for using an iPad and the internet to enrich your life. An iPad will be available for your use while you are in class. If you desire to use your iPad, please chat with the trainer before class to verify your device is compatible. This course is best suited for people who have had some experience using the internet on any device.

Prerequisites: A Gmail account and email.

Trainer: Cheryl Thode

\$50 social members | \$75 non-social members (10 sessions)

Registration required by October 16.

Travel Show with Collette Travel

2-3pm, Monday, October 23

Want to travel, but don't want the hassle of planning all the logistics and activities for the vacation? In this free information session you will learn about upcoming travel opportunities with Collette Travel. During the show you will learn who Collette Travel is, what a guided tour is, and walk through the itinerary of the trips that are being offered, as well as how to sign up for your next vacation.

Free and open to the public.

Registration required by October 22.

Real Estate: Important Consideration for You and Your Family

6-7pm, Thursday, October 26

This seminar will discuss various aspects of real estate and how we interact with real estate as investors and consumers. This session will focus on a few key areas of real estate, including consideration for purchasing real estate in retirement, purchasing a second property for investment purposes, and helping a family member with a real estate purchase.

Presenters: Jodi Hruska- Continuum Financial, and Dave Edwards- Dwell Realty Group

Free and open to the public.

Registration required by October 25.

Secure Your Legacy: A Will, Trust, and Probate Crash Course

10-11am, Wednesday, October 4 **OR**

6-7pm, Thursday, October 12

Are you tired of leaving your family's future to chance? Don't let the government or the courts dictate how your assets are distributed. Take control of you legacy with our Will, Trust, and Probate class. Join us and start building your legacy today! All are welcome.

Presenter: Yanowitz Law Firm

Free and open to the public.

Registration required by October 3 and October 11 respectively.

Monthly Fitness Myths

12-12:45pm, Wednesday, October 4

Once a month join Jason, our Personal Trainer Lead, to discuss common fitness myths, and what you should do differently to make your fitness/exercise plans more effective.

October Myth: Lifting heavy weights is only for males.

Free for 125 LIVE members | No registration required.

Defensive Driving Courses

4 Hour Initial Course: (NO LONGER 8 HOURS)

9am-1pm, Wednesday, October 4

4 hour Refresher Course:

9am-1pm, Wednesday, October 11

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 4-hour course. Then, every three years, the 4-hour refresher.

\$25 social members | \$30 non-social members

Registration required by October 3 and October 10 respectively.

Listening Party! - Popular Music

1-2pm, Thursdays, October 5 - November 30 (8 sessions)

(No class November 23)

Take a deep dive into popular music. Enjoy listening and train your ear to hear the rhythm, different instruments, harmonies, etc. We'll talk a little about each genre and what makes up a song. Some of what we'll listen to are swing, blues, rockabilly, rock, jazz, crooners, country, and maybe even a little hip-hop.

Instructor: Julie Johns

\$10 social members | \$20 non-social members

Registration required by October 3.

Basic Music Theory

11am-12pm, Thursdays, October 5 - November 9 (6 sessions)

6:30pm-7:30pm, Thursdays, October 5 - November 9 (6 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 non-social members

Registration required October 3.

Intro to Piano for Adults

10-11am, Tuesday, October 10, 17, 24 (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 non-social members

Registration required by October 8.

125LIVEMN.ORG



Follow us on Facebook—facebook.com/125livemn

Register online at 125livemn.org - click “Online Registration”

Jen and Jason will focus on the fall fitness schedule, small group, PT, and specialty classes here at 125 LIVE. Come with questions. Stay informed, connected and involved at 125 LIVE. No registration required.

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Adult FA/CPR/AED Blended Learning

9-10:30am, Saturday, September 9

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

\$95 for 125 LIVE members | \$105 nonmembers

Registration required by September 2.

Fall Prevention Screening

9-10am, Tuesday, September 12

Participate in a senior fitness test that evaluates endurance, strength and balance. The assessment itself takes around six minutes to complete. Results will be discussed in real time following assessment. Free and open to the public | No registration required.

Real Estate and Reality: Everything You Always Wanted To Know About Real Estate in Rochester-But Were Afraid to Ask.

10-11am, Tuesday, September 12

The third in a series of classes focusing on the housing needs of our senior community. Come to this class and get all your questions answered about real estate in Rochester.

Instructor: Jim Miner

Social members free | \$10 fitness members | \$20 nonmembers

Registration required by September 11.

Forté Open House

11am-1pm, Tuesday, September 12

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 shuttle seat.

Free and open to the public.

Registration required by September 8.

Senior Planet: Protecting Your Personal Information Online

12:30-1:45pm, Tuesday, September 12

This discussion will cover the ins and outs of protecting your personal information online. Tips for staying safe in cyberspace include creating strong passwords, managing spam, recognizing email and text scams, and knowing when sharing your personal information online is OK.

Trainer: Jim Anderson

Social members free | \$10 fitness members | \$20 nonmembers

Registration required by September 11.

The Post-Bulletin Presents: ABC's of your Digital Post-Bulletin Subscription

10-11am, Wednesday, September 13 OR

6-7pm, Wednesday, September 20

In addition to its ever-updating website of breaking news, the Post-Bulletin publishes its E-edition (an online, flip-through version that looks like the actual newspaper) 7 DAYS PER WEEK! We also offer Sunrise Rochester (your weekday email to the day's top five stories) and a dozen more email newsletters (like Obits and Biz News) sent right to your inbox. Your online subscription to the Post-Bulletin includes all of this, plus free access to 19 more publications across the Upper Midwest—including the Duluth News Tribune, Brainerd Dispatch, and Bemidji Pioneer. Let our customer service reps walk you through the tips and tricks to make the most of your Post Bulletin subscription or to help you decide if you want to start a membership with the area's best and biggest source for local news.

Free and open to the public.

Registration required by September 13 and 20 respectively.

CRC: Microsoft Windows 11– What's That?

1-2pm or 6:30-7:30pm, Wednesday, September 13

Windows 10 will not always be supported by Microsoft. Join Vince for this hands-on class to learn about Windows 11 and some of the changes you will see that are different from Windows 10.

Presenter: Vince Guerra with Computer Resource Center

\$5 social members | \$10 fitness members | \$20 nonmembers

Registration required by September 12.

125 LIVE Tea Social

1-2pm, Thursday, September 14 OR September 28

Join us to indulge in a range of high quality teas, both hot and cold, including caffeine-free options, along with a tasty snack! This gathering promotes health and wellness, offering you an enriching experience.

Social members free | \$5 fitness members | \$10 nonmembers

Registration required by September 12 or September 26

respectively. Sign up for one or both.

80's Throw Back to School Dance Party

6-7:30pm, Friday, September 15th

Ring in the new school year with an 80's throwback dance party. Missy Hagen, 1984 Body Rock Instructor of the Year, will lead us for the evening. Big hair and bright colors combined with 80's music and dance moves. Held in the River Room.

Fitness members free | \$10 social or nonmembers

Registration required by September 14th.

Art Reception

5:30-6:30pm, Monday, September 18

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 September 17.

Intro to Piano for Adults

10-11am, Tuesday, September 19, 26, and October 3

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 non-social members

Registration required by September 17.

Fall Prevention with Dr. Skare

10:15-11:15am, Tuesday, September 19

September is Fall Prevention Awareness Month. Join Dr. Nate Skare of Skare Spine and Performance for a presentation on falling and fall prevention. Falls become increasingly common as we age, with 40% of those over 70 and 60-70% of those over 85 falling annually. Prevention becomes crucial since a significant portion of hip fractures result from falls. Join us to explore predictors of falls and effective solutions to mitigate your fall risk.

Free and open to the public.

Registration required by September 18.

Master Gardeners: Growing and Harvesting Hops

12-1pm, Tuesday, September 19

Join Tom Bellinger, hops grower and beer brewer, to learn about growing and harvesting hops.

Free and open to the public.

Registration required by September 18.

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Introduction to Medicare

1-2 pm, Tuesday, September 19

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 September 18.

Senior Planet: Money Matters

1-2:15pm, Wednesday, September 20

Explore ways that technology can help you save money and manage your finances! Join this discussion to learn about online banking and review how to keep your financial information safe. You'll also learn about online shopping and explore some digital resources for saving money on entertainment, prescription drugs, and everyday items.

Trainer: Bob Thode

Social members free | \$10 fitness member | \$20 nonmembers

Registration required by September 19.

Why A Roth IRA? Why Now?

12-1pm, Thursday, September 21

This seminar outlines factors to consider before a Roth conversion. Together, we will help decide if a Roth IRA is right for you by focusing on the value of balancing taxable income with tax-free retirement income.

Presenter: Continuum Financial

Free and open to the public.

Registration required by September 20.

Bank Fraud & Scams: Don't Be a Victim

1-2pm, Thursday, September 21

A June 17, 2023 article in the Post-Bulletin displayed the headline: Scammers Haul More Than \$1.3 million from Olmsted County residents. Learn some simple steps you can take to avoid falling victim to financial scams. Drawing lessons from firsthand experience with real fraud cases here in Minnesota, what are some of the lessons that we can learn to protect us and our bank accounts from scammers.

Presenter: Malachi McNeilus, VP of Operations Administration at Sterling State Bank

Free and open to the public.

Registration required by September 20.

AARP Lunch and Learn

12-1pm, Friday, September 22

AARP volunteers and staff work tirelessly on issues important to our members and Minnesotans age 50-plus. Join AARP Minnesota to learn more about what happened this legislative session, including some significant new laws around support for family caregivers, updates on retirement security, prescription drug costs, and tax relief. Lunch will be provided.

Free and open to the public.

Registration required by September 20.

Travel Photography: Capturing Your Bucket List Adventure

6:30-8:30pm, Tuesday, September 26

Learn the secrets of planning, packing and photographing your next travel adventure. Whether its cultural portraits, stunning landscapes, or endemic wildlife, this workshop will teach you the essential knowledge and skills for turning your exciting experiences into shareable photographic memories.

Instructor: Hugh Smith

\$20 social members | \$31 non-social members

Registration required by September 22.

Senior Planet: Online Health Resource

1-2:15 pm, Wednesday, September 27

Don't just Google it! Use these reputable health info websites instead. The internet can be an excellent source for learning more about your or a loved one's health. This discussion will introduce you to the topics and tools offered on two reputable websites, MedlinePlus and Mayo Clinic. You'll also learn how to evaluate health-related information online.

Trainer: Cheryl Thode

Social members free | \$10 fitness members | \$20 nonmembers

Registration required by September 26.

Coffee with 125 LIVE Leadership

11am-12pm, Monday, October 2

Join Sylwia and Ken for coffee and the opportunity to ask questions and learn about what is happening at 125 LIVE. Stop the misinformation. Go directly to the source. 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.

Introduction to Medicare

12:30-1:30pm, Monday, October 2 OR October 16

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 October 1 and October 15 respectively.

Senior Planet: Chrome Essentials Course

12-1:15pm, Tuesdays and Thursdays, October 3– November 2

Learn to use a Chromebook for email, web research, and more to stay connected online! **This 5-week course meets twice a week** and will cover the essentials of using a Chromebook, a type of laptop that is great for beginners who just want to use the internet. Chromebooks are fast, secure, cost-effective computers running the Google Chrome operating system. By the end of the course, you'll have a foundation for using the device to navigate the internet. You'll also learn to send and receive emails.

Trainer: Jim Anderson

\$50 social members | \$75 non-social members

Registration required by October 1.

Self-Story Writing Workshop

6:30-8pm, Tuesdays, October 3 - November 21

This 8 week program aims to help people find ways of expressing themselves through reflection on their life experiences.

Facilitator: Charles Christiansen

\$25 social members | \$36 non-social members

Registration required by September 28.

Deaf and Hard of Hearing Services

1-2pm, Wednesday, October 4

Come join Calla Kevan, Deaf and Hard of Hearing Specialist, from Minnesota Department of Human Services, Deaf and Hard of Hearing Services Division to learn about information and technology that can make life easier if you have hearing loss. Calla will share resources and demonstrate how alerting devices and assistive technology, such as assistive listening devices, work. Calla will also offer practical communication tips and strategies, and provide information on age-related hearing loss and speech-to-text technology/apps.

Presenter: Calla Kevan

Free and open to the public.

Registration required by October 3.