

# Extras at 125 LIVE

# Social Activities

These activities are all FREE for Social Members

Updated 8/28/23

## Recreational Wellness

The following recreational wellness activities are free for BOTH Social and Fitness members.

### Outdoor Cycle Club

**9-10:30am every Friday**  
Dust off your bikes or check one out from 125 LIVE at Membership Services. Enjoy a bike ride every Friday led by a 125 LIVE volunteer. Meet outside the facility.  
Free and open to the public | No registration required.

### Pickleball

Offered daily. **Please see the Pickleball schedule for details.**

### Ping Pong

**2-4pm, Tuesdays and Thursdays**

### Square Dance

**12-3pm: Tuesdays, September 5 and September 19**

12-1pm: Learn the steps to square dancing

1-3pm: Square dance calling

### Walking Club

**11am-12pm every Tuesday and Thursday**

Volunteers lead this outdoor walk twice a week seasonally. Meet out front of 125 LIVE.

Free and open to the public | No registration required.

## Community Outreach at 125 LIVE

125 Live provides our facility to several support groups within our community. These support groups are free for our members as well as the public.

### Alzheimer's Caregiver Support Group

**1:30-3pm, 1st Thursday, September 7**

**5-6:30pm, 3rd Thursday, September 21**

Free and open to the public.

### Best Buddies Reading Program

**2:30-3:30pm, Thursdays**

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.

Free and open to the public | No registration required.

### Best Buddies Club

**3:30-4:30pm, Thursdays**

Free and open to the public | No registration required.

### Elder Network: Summer Hours

**9-11am, Tuesdays, September 5 and September 19**

Kate has summer hours May-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.

### Grief Support Group

**2:30-4pm, 1st and 3rd Thursday, September 7 and September 21**

Free and open to the public.

### Parkinson's Support Group

**1:30-3:30pm, 3rd Thursday, September 21**

Free and open to the public.

### Vision of Hope Breast Cancer Support Group

**9-11am, 1st and 3rd Monday:**

**Closed September 4**

**Monday, September 18**

Free and open to the public

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## Cards and Games:

**Billiards Room:** Open during building hours

### Bingo Tuesdays

**11-11:30am, Tuesdays, September 5, 12, 19, 26**

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.**

The following are held in the Birch Room, unless otherwise noted:

**Hand & Foot:** Mondays, 1-3pm

**Hand & Foot:** Thursdays, Noon-4pm, (Gathering Space)

**Cribbage:** Tuesdays and Thursdays, 9-11am

**Pinochle:** Tuesdays, 1-3pm

**Mahjong:** Tuesdays, 10:30am-1pm

**Mexican Train:** Wednesdays, 12-3pm

**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

## Informational Activities:

### Coffee with 125 LIVE Leadership

**11am-12pm, 1st Monday, September 11**

Stop the misinformation, go directly to the source and get your questions answered. September 11, 11am: Jen Schimek and Jason Fall fitness schedule, small group, PT, and specialty classes.

### Cops and Coffee

**11am-12pm, 3rd Thursday, September 21**

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.**

### Tech Mates Drop-In Tech Help

**Mondays 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

### 1 Topic 1 Hour

**10-11am, Mondays**

**September 4:** CLOSED Labor Day

**September 11:** Jill Fastbender discussion about Medicare

Sponsored by Visiting Angels

**September 18:** Lisa Higgs with Oraculi, a STEM mentorship program for middle and high school students.

**September 25:** Open Discussion

## Music:

### Friday Concerts

**10:30-11:30 am, Fridays**

**September 1:** The Preserves

**September 8:** Ageless Music

**September 15:** The Preserves

**September 22:** Ageless Music

**September 29:** Patience and Fortitude

Complimentary treat provided to social members.

Fitness and nonmembers may purchase treats.

### Music Jam Session

**1-3pm, Wednesdays**

### Young at Heart Singers

**10-11am, Wednesdays**

## Social Activities/Interest Groups:

### Castle Quilters

**8-11:30am, Mondays**

**8-11am, 1st and 3rd Friday, September 1 and 15**

### Exploring Photography

**2-4pm, 2nd and 4th Thursday, September 14 and 28**

### Family History Club

**2-4pm, 2nd Wednesday, September 13**

### Knit and Crochet

**1-3pm, Mondays**

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

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

### Pottery Studio

Open during building hours unless the studio is closed for cleaning or a class is in session. Please check the calendar in the pottery studio.

### The "Original" Book Club

**10-11am, 2nd Thursday, September 14**

**Book discussion:** A Tree Grows in Brooklyn by Betty Smith.

### Woodcarving

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

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