

Social Activities / Extras at 125 LIVE

Social Activities

These activities are all FREE for Social Members

Updated 1/30/2024

Social Activities/Interest Groups

These are free for Social Members.

Castle Quilters
8-11:30am, Mondays
8-11am, 1st and 3rd Friday, February 2 and 16

Exploring Photography
2-4pm, 2nd and 4th Thursday, February 8 and 22

Family History Club
2-4pm, 2nd Wednesday, February 14

NEW Ham Radio Club
2-3pm, 3rd Tuesday, February 20

Knit and Crochet
12:30-2:20pm Mondays
12:30-2:30pm, Tuesdays
11:30am-1:30pm, Fridays

NEW Photographic Post Processing & Editing
2:30-4:30pm, 1st and 3rd Thursday
February 1 and 15

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, February 8
Book discussion: The Immortal Life of Henrietta Lacks

Woodcarving
9-11:30am, Tuesdays

Recreational Wellness

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

Pickleball
Offered daily in the Willow Room. Please see the Pickleball schedule for details.

Ping Pong
2-4pm, Tuesdays and Thursdays

Square Dance
12-3pm: 1st and 3rd Tuesday, February 6 and 20
12-1pm: Learn the steps to square dancing
1-3pm: Square dance calling

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, February 1
5-6:30pm, 3rd Thursday, February 15
Free and open to the public.

Best Buddies Reading Program
3-4pm, Mondays
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 for 125 LIVE members | \$5 nonmembers

Best Buddies Club
3:30-4:30pm, Thursdays
Free and open to the public | No registration required.

Elder Network
9-11am, Tuesdays, February 6 and 20
9-11am, Tuesdays, March 5 and 19
Senior Advocate Kate Jirik provides information and assistance to those 55 and older and their family caregivers. Get help with community resources such as housing, home care and transportation or solving a problem like how to apply for assistance or finding a support group. 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, February 1 and 15
Free and open to the public.

Parkinson's Support Group
1:30-3:30pm, 3rd Thursday, February 15
Free and open to the public.

Vision of Hope Breast Cancer Support Group
9-11am, 1st and 3rd Mondays, February 5 and 19
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, February 6, 13, 20, 27
Join us for a few bingo games every Tuesday in the Gathering Space. Beverage and a light snack are included.
Social members free | \$3 fitness & nonmembers
Register 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)
Chess: 1st and 3rd Tuesdays of the Month, 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, February 5

Cops and Coffee
11am-12pm, 3rd Thursday, February 15
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 is registration required.

***NEW* Tech Sharing Discussion Group**
11am- Noon, Mondays in the TLC
Join us for an informal collaborative discussion about technology concepts, ideas, and questions. No formal agenda, curriculum, or topic. Each session is open to what the participants wish to discuss. All participants are equal. Free for Social Members. A day pass or guest pass for nonsocial members. Registration is not required.

Tech Mates Drop-In Tech Help
Mondays Noon - 1 pm in the TLC
Tech Mates are 125 LIVE members who volunteer their time and expertise to provide personal assistance with smartphones, tablets, computers, smartwatches, entertainment, and other technology.
Free for Social Members. A day pass or guest pass for nonsocial members. Registration is not required.

Senior Planet from AARP
Helps people age 60+ learn about technology to reach their goals, find community and thrive in the digital world. Learn more at <https://seniorplanet.org/> or call 888-713-3495. For a list of LIVE technology classes see the 125 LIVE monthly program guide.

1 Topic 1 Hour
10-11am, Mondays
February 5: April with Senior Linkage Line
Sponsored by Visiting Angels

February 12: Post Bulletin Presents: Photo Editor Joe Ahlquist, Looking back at PB photography
See (and hear the stories behind) some of the Post Bulletin's most memorable photos in its 99-year history, look back at 2023 through Ahlquist's lens, and pick Joe's brain about his process and any other photo-related topics that come to mind. Joe is a 2013 graduate of Winona State University and worked at the Winona (Minn.) Daily News and the Sioux Falls, SD Argus Leader before arriving at the Post Bulletin in 2017.

February 19: Dean Fisher- Hydro Cremation
Learn about hydro cremation, a gentle, environmentally friendly form of natural water cremation.

February 26: Lee Herold
Lee, owner of Herold Flags, will lead a discussion about the new Minnesota State seal and flag.

Music:

Friday Concerts
10:30-11:30 am, Fridays
February 2: Preserves
February 9: Ageless Music
February 16: Preserves
February 23: Patience and Fortitude

Music Jam Session
1-3pm, Wednesdays

Young at Heart Singers
10-11am, Wednesdays

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