

February - March Events 2024



February Events 2024

Updated 2/6/24

125LIVEMN.ORG | 507-287-1404

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Member Happy Hour and New Member Welcome

4:30-6pm, Friday, February 23

While enjoying appetizers and drinks, meet new members and get to know each other over a few trivia games.

Free for new members who joined in January

Social members free | \$10 fitness members | \$15 nonmembers

Register by February 21.

Make Your Own Greeting Cards

9-10:30am, Saturday, February 24 **OR**

9-10:30am, Saturday, March 23

In this beginner stamping/greeting card class, you will make 4 cards in a holiday, birthday or thinking of you theme. All supplies included.

Instructor: Joy Cole

\$12 social members | \$20 fitness & nonmembers

Register by February 20 or March 19 respectively

Mayo Clinic Emeritus Presents: Osteoporosis- What is the Goal? How to Achieve It?

11am-12pm, Tuesday, February 27

There are well-established tests and treatments for osteoporosis.

Even so, who should be tested and treated and how that is decided can be confusing. Dr. Kennel will discuss how patients and healthcare providers can use a community health perspective and individualized perspective to determine the goals for managing osteoporosis and how to achieve them. Dr. Kennel is a consultant and education chair in the Division of Endocrinology at Mayo Clinic Rochester. His clinical practice, presentations, and publications are focused on bone disease especially the role of lifestyle and body weight in the prevention and treatment of osteoporosis.

Presenter: Dr. Kurt Kennel

Free and open to the public

Register by February 26.

CRC: 2 Factor Authentication

10-11am Wednesday, February 28

Join Vince Guerra from Computer Resource Center and learn about the benefits of 2 factor identification, what it means, and why you should use it.

Instructor: Vince Guerra

\$5 Social Member | \$10 Fitness Member | \$20 Nonmember

Register by February 27.

Selling Your Stuff Online

1-2 pm, Wednesday, February 28

Got something you don't need that you would like to sell? Well then this is the class for you. In this class we will discuss the process for selling your stuff online through Facebook, Craigslist, and other online platforms. We will also discuss tips and strategies to ensure you can sell your stuff safely and wisely.

Instructor: Chelsie Gaspar

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

Register by February 27.

Pretentious Cocktails: Old Fashion

4-5pm, Wednesday, February 28

Want to learn how to craft the perfect cocktail that tastes as good as it looks? Join Ken as he shares with you tips and tricks to creating the perfect pretentious cocktail the Old Fashion

Instructor: Ken Baerg

\$30 social members \$41 fitness and nonmembers

Register by February 23.

Mastering Photography: Part 2

6:30-8:30pm, Tuesday, March 5, 12, 19

PART II in this series delves into photographic technique and equipment. Photography is a blend of aesthetics and technique, so these three sessions explore need-to-know technical aspects that will help you with your image creation. We will cover stabilization, obtaining sharp focus, reading and interpreting light, and the relationship between equipment and image quality. We discuss camera sensors, lenses, filters, tripods, and other components of a photographer's kit.

Week 4-Shooting Technique

Week 5-How a Photographer Thinks About Light

Week 6-Photographic Equipment

Instructor: Hugh Smith

\$65 social members | \$83 nonsocial

Register by March 1.

Senior Planet: How to Choose a New Computer

10-11am, Wednesday, March 6

Looking for a new computer? This information session addresses some of the most common questions surrounding how to choose a new computer. We will also cover operating systems and compare alternatives to the traditional computer like tablets and Chrome-books.

Instructor: Vince Guerra

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

Register by March 5.

Introduction to Medicare with Prime Time Health Advisors

12-1pm, Wednesday, March 6

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 this is the place to be. 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.

Register by March 5.

Friends of Storyworth (FOS)

10:30am-12pm, Wednesdays, March 6, 13, 20, 27

We're modernizing the process of writing our life stories using an easy, online program called Storyworth. It's as simple as writing an email. The final product from Storyworth is a hardbound book written by you! Writers sign up online with Storyworth at storyworth.com to begin the year-long process whenever they want to begin writing.

Every other month, on odd-numbered months, writers meet once a week during the month for motivation, inspiration, technical support, organizational help, and, best of all, a place to share stories by reading them out loud. During the even-numbered months, writers are on their own to write their stories, and then re-join the community the next month to share those stories. Memoirists who have already written their stories can easily incorporate them into Storyworth.

Jane Iddings, an experienced writing teacher and facilitator, joyfully facilitates the Storyworth process.

Instructor: Jane Iddings.

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

Register by March 5.

Country Hoe-Down Dinner and Dance with the Farmers Market Ramblers

6pm-8pm, Wednesday, February 14

Bring loved ones and friends and have fun with the Farmers Market Ramblers. Kick up your heels with swing, country line, and slow dancing. Have the opportunity to learn to dance in the round with a caller, no experience or partner is required. Dinner service will be catered by Famous Dave's Barbecue. Enjoy chicken, pork and a variety of sides with a dessert to sweeten the night. A cash bar for alcoholic purchases will be available.

\$14 Social member | \$18 Fitness member | \$24 Nonmember

Register by 12 noon February 9.

Celebrating Pi/Pie Day

12-1pm, Thursday, March 14

Indulge in a piece of pie alongside fellow members as we commemorate Pi Day. Test your pi memorization skills for a chance to win a prize by reciting as many numbers as you can. The ultimate reward? The opportunity to playfully throw a pie in the face of our beloved Operations Director, Ken!

Free for social members | \$4 fitness and nonmembers

Registration required by March 12.

St. Patrick's Day Breakfast and Caledonian Pipe Band

10:30-11:30am, Friday, March 15

Come together for a delightful breakfast celebration in honor of St. Patrick's Day. Indulge in pancakes, sausage, and fresh fruit. Adding to the festivities, the renowned Caledonian Pipe Band will make a triumphant return, enchanting the gathering with timeless Scottish bagpipe tunes.

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

Register by March 12.

125 LIVE Social Bistro/ SEMCAC Senior Dining

125 LIVE, SEMCAC and SEMAAA sponsor our dining program. Applications to participate in the program can be picked up and turned in at the Membership Services desk. \$4-9 suggested donation. Each Friday, registration for the following week will open.

Tuesdays: Trivia

Thursdays: Dessert Bingo

Friday: Friday Concert - 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.

Hiawatha Trout Unlimited Presents: Winter Fly-Tying

9-11am, Saturdays, until March 9

Hiawatha Trout Unlimited members will teach many fly-tying patterns to anyone and everyone on Saturdays. Beginners who have never tied before and need the equipment are welcome. It is also a social event where we talk about our fishing experiences in Southeast MN.

Free and open to the public | No need to register.

125 LIVE Pottery Studio Sale

9-10am, Saturday, February 3 and March 2

Come on in and check out what members of the pottery studio have been working on and purchase great gifts for you or someone else.

Free and open to the public.

Coffee with 125 LIVE Leadership: Tom and Emily

11am-12pm, Monday, February 5

Join Tom and Emily our, finance team, as they discuss how to financially support 125 LIVE.

Free for 125 LIVE Members

WSU Presents: Weekly Health and Wellness Topics

1-2pm, Tuesday, February 6 Heart Health Awareness

1-2pm, Tuesday, February 13 Exercise and Staying Active

1-2pm, Tuesday, February 20 Falls and Injury Prevention

1-2pm, Tuesday, February 27 Preventative Care (including screenings and immunizations)

Join the weekly sessions hosted by Winona State University students, where they discuss health and wellness topics tailored to the needs of the facility's members.

Free and open to the public.

Register by day before presentation.

12-1pm: Join the WSU students to have your blood pressure checked or have a hand massage. To sign up for a time slot, please do so on the clipboard by the marketing table.

Free for 125 LIVE members only.

Community Talks

11:30am-12:30pm, Friday, February 2

Join Olmsted County Sheriff, Kevin Torgerson, for our Community Talks. Ask questions, and learn what is happening in our county.

Free for 125 LIVE members | \$10 nonmembers

Super Agers

10-11am, Tuesday, February 6

You are cordially invited to attend this engaging workshop about how to be a Super Ager! The information shared is research-based. It will not be a "sit and get" session. Rather you will be put into groups to digest and summarize the information. Finally each group will present their summary at the end of the session.

Presenter: Patty Gilmore, retired reading specialist and literacy coach.

Free and open to the public.

Register by February 5.

Defensive Driving Initial Course- Now Only 4 Hours

9am-1pm, Wednesday, February 7

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.

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

Register by February 6.

Introduction to Medicare with Prime Time Health Advisors

12-1pm, Wednesday, February 7

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 this is the place to be. 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.

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Presenter: Prime Time Health Advisors.

Free and open to the public.

Register by February 6.

CRC: Scam Prevention

1-2pm, Wednesday, February 7

Join Vince Guerra from Computer Resource to discuss ways to be safe on-line and avoid scams.

Instructor: Vince Guerra, Computer Resource Center

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

Register by February 6.

Olmsted Medical Presents: Heart Health

1-2pm, Wednesday, February 7

Join Maral Kenderian, MD, Internal Medicine physician at OMC. She is division chair over primary and medical specialties. Join Dr Kenderian as she discusses how high blood pressure (hypertension) is one of the most common medical conditions out there. Most often, it has no symptoms. However, behind the scenes, it causes a lot of damage to our organs. This is why we call it the silent killer. In this presentation, you will learn: What exactly high blood pressure/hypertension is, how to treat it, and how to prevent it from happening.

Free and open to the public

Register by February 6.

All Reds Wine Tasting

3:30-5pm, Saturday, February 10

In this class we will explore some lesser known fun and delicious red wines from all over the world. For example, Pinotage is a wine that is specific to South Africa. Let's have fun exploring some fun finds from all over the world and what sets them apart from the standard Cabernet Sauvignon.

Instructor: Autumn Gilliam

\$30 social members | \$41 nonmembers

Register by February 3.

Castle Quilters Sale

9-11am, Monday, February 12

Come in and check out items the quilters have made for sale as gifts, holidays, or for yourself!

Free and open to the public.

Post Bulletin Presents: Looking back at PB photography with Photo Editor Joe Ahlquist

10-11am, Monday, February 12

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 (S.D.) Argus Leader before arriving at the Post Bulletin in 2017.

Free and open to the public

Register by February 11.

Rochester Clinic/Lotus Health Foundation Presents: Fall Prevention

10-11am, Monday, February 12

Fall Prevention goes beyond exercise. Several factors, such as number of medications, nutrition, arthritis, gait and balance also associate with risk of falling. An effective fall prevention program takes a lifestyle medicine approach with six pillars of healthy lifestyle, including physical activity, plant-based nutrition, stress management, restful sleep, social connectedness and passion.

Free and open to the public.

Register by February 11.

Senior Planet: iPhones

1:30 - 2:30 pm, Monday, February 12

Are you curious about what an iPhone can do and why it's so popular? Join this discussion to learn about the latest iPhone, its features, and what to consider if you buy one. Please note this lecture will not teach you how to use your iPhone.

Instructor: Chelsie Gaspar

Free Social member | \$10 Fitness member | \$20 nonmember

Register by Noon on February 11.

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

10-11:30am, Tuesday, February 13

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 February 12.

Forté Open House

11am-1pm, Tuesday, February 13

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.

Register by February 9.

Introduction to Medicare

12:30-1:30pm, Tuesday, February 13

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.

Register by February 12.

CRC Presents: Intro To Apple Computers

1-2pm, Tuesday February 13

Join Vince Guerra from Computer Resource Center to go over some of the basics and differences you will experience on an apple computer.

Instructor: Vince Guerra

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

Register by February 12.

Defensive Driving 4 Hour Refresher Course

9am-1pm, Wednesday, February 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 course. Then, every three years, the refresher.

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

Registration required by February 13.

Listening Party! - Popular Music

1-2pm, Thursdays, February 15 - April 4

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

Register by February 14.

Mayo Clinic Dietetic Talks: Nutrition Myths Debunked

6:30-7:30pm, Monday, February 19

Mayo Clinic dietetic intern, Belle, will be here. There is a lot of talk about nutrition these days. We will talk about what is true and what is about to be DEBUNKED!

Free and open to the public

Register by February 18.

Informational Session About Storyworth

10-11am, Tuesday, February 20

"Do you want to write your memoirs, your life stories, the easy way? Join us for this informational sessions to learn about an online writing program called Storyworth. It's as simple as writing an email. The final product from Storyworth is a hardbound book written by you! Writers sign up online with Storyworth at storyworth.com to begin the year-long process whenever they want to begin writing. Every other month, on odd-numbered months, writers meet once a week during the month for motivation, inspiration, technical support, organizational help, and, best of all, a place to share stories by reading them out loud. During the even-numbered months, writers are on their own to write their stories, and then re-join the community the next month to share those stories. Memoirists who have already written their stories can easily incorporate them into Storyworth. Come to the meeting to get all the details and dates for in class support. Jane Iddings, an experienced writing teacher and facilitator, joyfully facilitates the Storyworth process.

Instructor: Jane Iddings.

Free and open to the public.

Register by February 19.

Three Misconceptions about Estate Planning that Leave a Mess

11am-12pm, Tuesday, February 20

Join Attorney Jen Gumbel to learn common incorrect beliefs many have about estate planning. You'll learn the role of wills, trusts and when probate happens.

Presenter: Jen Gumbel, Wagner Oehler, LTD.

Free and open to the public.

Register by 12 noon February 18.

Senior Planet: Cloud Storage

11am-12:15pm, Wednesday, February 21

In this discussion, you'll learn the basics of cloud storage — a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available to consumers.

Instructor: Vince Guerra, Computer Resource Center

Free Social member | \$10 Fitness member | \$20 nonmember

Register by February 20.

CRC: How to Set up a PayPal Account

1-2 pm, Wednesday, February 21

In this class, with Vince Guerra from the Computer Resource Center, you will receive a hands-on workshop on setting up your own PayPal account.

Instructor: Vince Guerra

\$5 Social member | \$10 Fitness member | \$20 Nonmember

Registration is required by February 20.

Senior Planet- My Chart

Noon - 1:00 pm, Friday, February 23

Has your doctor or healthcare provider ever mentioned MyChart? Learn about how this electronic health record portal works both in a web browser and as an app. We'll go over how MyChart can help you keep all your health information in one place, communicate with your providers, and have a virtual visit. You'll also learn about the portal's privacy and security features.

Instructor: Eman Darby

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

Register by February 21.