

# Social Activities / Extras at 125 LIVE

# Social Activities

These activities are all FREE for Social Members

Updated 3/28/2024

## Social Activities/Interest Groups

These are free for Social Members.

### Castle Quilters

8-11:30am, Mondays  
8-11am, 1st and 3rd Friday, April 5 and 19

### Exploring Photography

2-4pm, 2nd and 4th Thursday, April 11 and 25

### Family History Club

2-4pm, 2nd Wednesday, April 10

### NEW Ham Radio Club

2-3pm, 3rd Tuesday, April 16

### Knit and Crochet

12:30-2:30pm, Mondays  
12:30-2:30pm, Tuesdays  
11:30am-1:30pm, Fridays

### NEW Photographic Post Processing & Editing

2:30-4:30pm, 1st and 3rd Thursday  
April 4 and 11

### 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, April 11  
Book discussion:

### 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, April 2 and 16  
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, April 4  
5-6:30pm, 3rd Thursday, April 18  
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, April 2 and 16  
9-11am, Tuesdays, May 7 and 21  
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, April 4 and 18  
Free and open to the public.

### Parkinson's Support Group

1:30-3:30pm, 3rd Thursday, April 18  
Free and open to the public.

### Vision of Hope Breast Cancer Support Group

9-11am, 1st and 3rd Mondays, April 1 and 15  
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, April 2, 9, 16, 23, 30  
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:** 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, April 1

### Cops and Coffee

11am-12pm, 3rd Thursday, April 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.

### 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

#### April 1: Steve Carlin

Steve's Rolling Toolbox will be hear to discuss his handyman services. Sponsored by Doug Schommer, Visiting Angels

#### April 8: John Bills

John will lead a discussion about bees.

#### April 15: Linda Hanson

Member Linda Hanson will lead a discussion about her experience preparing to move from her home into a senior living community. She will share her research, discoveries, and the process she followed.

#### April 22: Heather Weber, Donate Life Ambassador

April is recognized as Donate Life Month with the intention to raise awareness of the significant need for registered organ donors. Heather is a Donate Life Ambassador through LifeSource. She will share her story, thank our donors and their families, and encourage others to consider organ donation and become a registered donor.

#### April 29: Open Discussion

## Music:

### Friday Concerts

10:30-11:30 am, Fridays

April 5: The Preserves

April 12: Ageless Music

April 19: The Preserves

April 26: Ageless Music

### Music Jam Session

1-3pm, Wednesdays

### Young at Heart Singers

10-11am, Wednesdays

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