



With the continued growth of our membership and the overwhelming success of many of our classes, it is imperative to register for the classes, presentations and events you wish to attend.
Three ways to register: 1. 125livemn.org under the activity registration tab. 2. Membership Services desk. 3. By phone at 507-287-1404. Make sure you receive a receipt to verify registration.

Friends of Storyworth (FOS)
10:30am-12pm, Wednesdays, May 1, 8, 15, 22, and 29
 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.
Instructor: Jane Iddings
 \$10 social members | \$20 fitness & nonmembers
Register by April 30.

Basic Music Theory
1-2pm, Thursdays, May 2-June 6 OR
6:30-7:30pm, Thursday, May 2 – June 6
 Have you ever wanted to learn to read music? What exactly is music? Here is your chance to learn basic music notation: notes, rests, time signatures, tempo, key signatures, scales, chords, intervals and expression.
Instructor: Julie Johns
 \$60 social members | \$73 fitness & nonmembers
Register by April 30.

Senior Planet: Chrome Essentials Course
10-11:15 am, Tuesdays and Thursdays, May 2- June 4 (starts on a Thursday)
 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: Vince Guerra
 \$75 social members | \$100 non-social members (10 sessions)
Register by May 1

Rose all Day! Wine Tasting
1-2:30pm, Saturday, May 4
 Do you enjoy Rose wine? Did you know that there are a multitude of different styles and origins? In this class we will explore 4 different types of Rose wine and what makes them unique. We will also try to guess where each wine is from. This class will also cover basic techniques in tasting and wine label reading.
Instructor: Autumn Gilliam
 \$25 social members | \$36 fitness & nonmembers
Register by April 28.

Olmsted Medical Presents: Vertigo
12-1pm, Wednesday, May 8
 Feeling dizzy? 1 in 3 adults in the US experience some sort of vestibular dysfunction. Learn more about your balance system in action.
Presenter: Elizabeth Draper is a Rehabilitation Services-Lead at Olmsted Medical Center's Rehabilitation facility. She has a Master's in Physical Therapy & is a Certified Exercise Expert for Aging Adults.
 Free and open to the public.
Register by May 7.

How to Get Top Dollar For Your Home
6:30-7:30pm, Wednesday, May 8
 In this class, Laurie will cover what buyers are looking for in their next home. What changes, updates and repairs to make within your budget. Also, what improvements will get you the best ROI.
Presenter: Laurie Mangen, Keller Williams
 Free and open to the public.
Register by May 6.

Introduction to Medicare
12:30-1:30pm, Tuesday, May 14
 Who should attend? People who are eligible now or will be eligible for Medicare, those who want to know about the basics of Medicare, caregivers or supporters of Medicare beneficiaries, those who are interested in learning about Medicare Supplemental Insurance, Advantage Plans, & Medicare Prescription Drug Plans.
Presenter: John Kelly
 Free and open to the public.
Register by May 13.

Smart Driver Tek - Presented by AARP
10-11:30 am, Tuesday, May 14
 Technology is changing the driving experience. The new Smart Driver Tek workshop, developed jointly by AARP Driver Safety and The Hartford, will keep you aware of the latest high-tech safety features in your current or future car.
Presenter: Steve Sturm
 Free and open to the public.
Register by May 13.

Forte Open House
11am-1pm, Tuesday, May 14
 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. Must register to reserve a seat.
 Free and open to the public.
Register by May 10.

Keeping Yourself Safe Online
2-3:30pm, Monday, May 20
 Want to know how you can keep yourself safer online? In this class, we'll talk about how to keep your personal information safe, including how to create strong passwords for all of your online accounts. We will also discuss how you can identify spam and phishing emails. You will be given several tips for staying safe while browsing.
 \$5 social members | \$10 fitness members | \$20 nonmembers
Register by May 19.

Rochester Male Chorus Sing a Long
7-8:30pm, Monday, May 20
 The Rochester Male Chorus have been an active performing group in the community for 94 years and will be sharing their talents with the community at 125 LIVE. Enjoy the Rochester Male Chorus for a fun sing a long and mini concert with family and friends.
Please bring a donation of non perishable food items to the 125 LIVE pantry in lieu of an admission fee.
 Free and open to the public | No registration required.

Three Misconceptions About Estate Planning That Leave a Mess
11am-12pm, Tuesday, May 21
 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 12pm on May 19.

Billiards Room Open House
1-5pm, Saturday, April 6
 Join us for an open house to check out our billiards room and the new 7-foot diamond table. King of the Hill play from 2-4pm and ask questions to local master's players and hall of famer, Dick Callier in our Coaches Corner.
 Free and open to 18+ or 15+ with a parent/ guardian. No registration required, but form required for under 18 guests.

Member Happy Hour and New Member Welcome
4:30-6pm, Friday, April 26
 Join us for appetizers and beverages while socializing with old friends and new members. We will also partake in some games. Social members free | \$10 fitness members | \$15 nonmembers
Register by April 24.

Cinco de Mayo Fiesta
SAVING A SPOT—MORE INFO NEEDED

125 LIVE Variety Show-talent search
3-4:30pm, Wednesday, June 5
 Enjoy an afternoon watching fellow 125 LIVE members share their hidden talents with everyone. Light refreshments to follow.
 \$5 social members | \$7 fitness & nonmembers
Register by June 4.

If want to share or perform a talent, please email Jennifer at programlead@125livemn.org. Please note that each performance is limited to **3 minutes** to keep the show moving and to allow as many performances as possible.

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.

WSU Presents: Weekly Health and Wellness Topics
Tuesday, April 9: Nutrition, including vitamins & supplements
Tuesday, April 16: Advance Directives
12-1pm: Join the WSU students to check your blood pressure or have a hand massage. Please reserve a time on the clipboard by the marketing table. Free for 125 LIVE members only.
1-2pm: 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 prior to each session

125 LIVE Castle Quilters Fabric Sale
8:30-11am, Monday, April 8
 Fat quarters, fabric bundles, and flat folds at special price. Quilters, crafters this sale is for you. Come on down to the Maple Room. Coffee and cookies will be available.

Community Talks
11:30am-12:30pm, Friday, April 5
 Join us today to talk with Jim Franklin, Chief of the Rochester Police Department. Learn what is happening in our community. Ask questions and be in the know.
125 LIVE members free | \$10 nonmembers (day pass required)
No registration required for members

Rochester Clinic/Lotus Health Foundation Presents: Osteoarthritis and Lifestyle Medicine
10-11am, Monday, April 8
 Osteoarthritis is a lifestyle disease. Did you know knee pain most commonly comes from foot and ankle issues? To properly manage and prevent osteoarthritis, we will examine the relationship between lifestyle and osteoarthritis.
 Free and open to the public.
Register by April 7.

Quarry Hill Nature Center Presents: Solar Eclipse
1:15-2:15pm, Monday, April 8
 Join the staff of Quarry Hill as they share information about solar eclipses and then experience viewing the solar eclipse safely. Quarry Hill will provide protective glasses and pinhole viewers.
 Free and open to the public
Register by April 7.

Ham Radio Club and the Solar Eclipse
1:30-3:30pm, Monday, April 8
 Social members come and watch our ham radio operators as they have their first exposure to operating station radio during the solar eclipse.
 Social members free | fitness & nonmembers \$10
No registration required.

Real Estate and Reality: So You Think You Want To Sell Your House?
10-11:30am, Tuesday, April 9
 In this class, you will learn the best strategies for selling your home.
Instructor: Jim Miner
 Social members free | \$10 fitness members | \$20 nonmembers
Register by April 8.

Joy of Playing Guitar
6-7pm, Wednesday, April 10, 17, 24
 Join us for the 125 Live learning series featuring Garrison Lloyd, where you'll uncover the Joy of Playing Guitar through two distinct approaches: Playing a Song to Learn and Learning a Song You Love. At registration you will receive the supply needs for class. Please have items for the first day of class.
 \$20 social members | \$31 fitness and nonmembers
Register by April 9

Forté Open House
11am-1pm, Tuesday, April 9
 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 April 5.



April Events 2024

Honoring and Celebrating Who You Are

12-1pm, Tuesdays, April 9 - May 21

Join us for an hour of listening and learning about yourself and others. Reflect on your life experiences and what makes you beautiful and unique. Journals will be provided.

You do not need to attend all classes to benefit.

Instructor: Jorrie Johnson

\$35 social members | \$70 fitness & nonmembers

Register by April 8.

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

10-11am, Wednesday, April 10

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 (MN) Daily News and the Sioux Falls (SD) Argus Leader before arriving at the Post Bulletin in 2017.

Free and open to the public.

Register by April 9.

CRC: iPad Basics

11am-12pm, Wednesday April 10

Welcome to the world of iPad! If you're new to this amazing device, we're here to guide you through the basics and get you up and running in no time. Whether you're eager to explore its sleek design, intuitive interface, or vast array of features, we'll provide you with step-by-step instructions to help you make the most of your new iPad. Bring your iPad or use one of ours.

Instructor: Vince Guerra

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

Register by April 9.

Story Slam, Anyone?

6-7:30pm, Thursday, April 11, 18, and 25

Everyone has a story. Some stories are funny, thought-provoking, or life lessons; some are better off left in the closet with those moth-eaten sweaters! Have you been bottling up a story and don't know how to share it? Attending this class will provide an easy-to-follow handout and additional instruction modeled after the famous Moth Radio Hour. This three-session workshop gives you two days of instruction with a third day to have a safe place to share your story with the group.

Instructor: Susy Olsen

\$20 social members | \$31 fitness & nonmembers

Register by April 10.

Mayo Clinic Dietetic Talks: Fun With Fats

6:30-7:30pm, Monday, April 15

Mayo Clinic dietetic intern, Allison, will answer your questions about fats, cholesterol and you.

Free and open to the public.

Register by April 14.

The Saturday Choir Presents: Reflections on the Majesty of God

7-8pm, Thursday, April 11

Please join us for a special event: "Reflections on the Majesty of God," presented by The Saturday Choir. This enchanting performance will feature eight captivating choral anthems accompanied by narration, promising an evening of spiritual reflection and artistic expression.

In lieu of entrance fee we request a canned good donation to the 125 LIVE Food Pantry. No registration required.

Introduction to Pickleball

10-11am, Fridays, April 12-May 3 OR

10-11am, Thursdays, May 9-30

Join the pickleball craze and embark on a 4-week journey to master the fundamentals of this exciting paddle sport. This comprehensive class covers everything from the rules and scoring to court positioning, shot selection, and game strategy. Don't worry if you don't have a paddle; they will be provided for you. Wear comfortable athletic clothing and shoes as you delve into the world of pickleball. Get ready for an engaging and fun learning experience!

Instructor: Angie Tauscher

\$75 for 125 LIVE members | \$89 nonmembers

Register by April 11 or May 8 respectively.

Pottery Sale

8:30am-9pm, Wednesday, April 17

Check out what the Pottery Studio has been creating in the studio. Lots of fun pieces for purchase for you as a guest. Get them before the pottery studio goes on break for the summer.

Muscle Loss Prevention and You

10-11am, Wednesday, April 17

Join Dr. Nate Skare to learn simple strategies and exercises for preventing age-related muscle loss, known as sarcopenia. After the age of 50, you lose approximately 2 percent of muscle fibers each year, leading to a higher risk of osteoarthritis, heart disease, stroke, diabetes, hypertension, cognitive decline, and cancer. Discover practical ways to counteract this decline, emphasizing exercises to strengthen the hips and prevent hip arthritis.

Free and open to the public.

Register by April 16.

Uber and Lyft Rideshare Apps

11am-12:30pm, Wednesday, April 17

Have you desired to use rideshare apps, like Uber and Lyft to get you around town? Well then, this class is the perfect class for you. In this class, you will be given an overview of rideshare apps and what they are. You will also learn how to set up an account and how to schedule a ride with Uber and Lyft. You will also learn other features of the Uber and Lyft Apps and how to stay safe when you accept a ride.

Instructor: Chelsie Gaspar

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

Register by April 16.

CRC Presents: Introduction to Windows 11

2-3pm, Wednesday, April 17

In this course, we'll dive into the exciting features and functionalities of Microsoft's latest operating system. Whether you're new to Windows or upgrading from a previous version, this class is designed to help you navigate Windows 11 with confidence.

Instructor: Vince Guerra

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

Register by April 16.

Olmsted Medical Center Presents: Women's Health

12-1pm, Thursday, April 18

Urinary incontinence and bladder prolapse are common issues for women as they age. In this presentation, Dr. Klingele of Olmsted Medical Center will share information and solutions for these issues, helping you to improve and continue normally with your daily life.

Presenter: Dr. Chris Klingele, Urogynecologist at Olmsted Medical Center.

Free and open to the public.

Register by April 17.

The 411 on 911 - Emergency Assistance

11:30am-12:30pm, Friday, April 19

The first 911 call in Minnesota was in 1968. Technology has changed a little since then. A quick overview of when to call 911 or when to call the non-emergency lines. Learn more about the emergency services available in our city and county.

Presenter: Rochester Emergency Communications Center.

Free and open to the public.

No registration required.

Senior Planet-Finding Information Online

1-2pm, Friday, April 19

The internet is an incredible resource, but finding what you are looking for can sometimes be daunting or time consuming. That's why finding what you're looking for online is an important skill. This hands-on workshop will review helpful tips for using effective search terms, evaluating your search results, and searching within a reliable site for accurate information. Please bring your iPad, laptop, or smartphone to this workshop if you are able to.

Trainer: Chelsie Gaspar

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

Register by April 18.

Introduction to Self Defense

10-11am, Saturday, April 20 OR

6-7p, Wednesday April 24

Join 125 wonder duo Kerry and Sylwia for an empowering self-defense class and learn essential techniques to protect yourself in any situation. Our experienced instructors will guide you through practical skills, including striking, blocking, and effective self-defense strategies. Gain confidence, improve your awareness, and develop the mindset needed to stay safe. Open to all levels, this class provides a supportive environment for learning and honing your self-defense abilities.

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

Register by April 19 or April 23, respectively.

Art Reception

5:30-6:30pm, Monday, April 22.

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.

Register by April 21.

Introduction to your 125 LIVE Account

10-11am, Tuesday, April 23

Would you like to sign up for 125 LIVE activities online? In this course, you will learn how to access your online account, what functions are available in your account, what the online catalog will look like on different devices, and how to register for activities. If you don't already have an E-mail on file, please provide membership services with your updated E-mail address. Please bring either your mobile device or laptop to the class to follow along. Handouts and treats will be provided.

Instructor: Alex Forrest

Free and open to 125 LIVE members.

Register by April 22.

April-May Events 2024

CRC: Cookies and Trackers

1-2pm, Wednesday, April 24

Join Vince Guerra to learn about what cookies and trackers are, the difference between them and what they do when you are browsing.

Instructor: Vince Guerra, Computer Resource Center

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

Register by April 23.

Pretentious Cocktails: Margarita

4-5pm, Wednesday, April 24

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 Margarita.

Instructor: Ken Baerg

\$30 social members | \$41 fitness & nonmembers

Register by April 19.

Senior Planet-Wearable Technology That Monitors Health

12-1 pm, Thursday, April 25

Learn about the technology you wear and what it can do for you! From fitness trackers to smart glasses, wearable technology is available! Whether you're a tech enthusiast or a tech newbie, there's something for everyone. Join this discussion to learn about the health, wellness, and personal safety benefits of wearable technology.

Trainer: Cheryl Thode

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

Register by April 24.

Simplify Your Life...The Downsizing Process

2:30-3:30pm, Thursday, April 25

Downsizing exercises and ideas to make your next move quicker and easier will be shared. Questions to ask yourself, suggestions on where to bring your unwanted items, preferred contractors that can help save money on your next move are just some of the expertise that will be imparted in this class. The techniques will help you through the consuming and emotional process to simplify your home.

Presenters: Laurie Mangan, Keller Williams and Jonah Van Proosdy, A Smooth Move

Free and open to the public

Register by April 24.

Senior Planet: Virtual Doctor Visits

12-1 pm, Friday, April 26

Interested in having a virtual visit with your doctor? Or learning about types of telemedicine available? This discussion provides an overview of telemedicine options and focuses on exploring virtual medical appointments. You'll see a virtual-visit walkthrough and learn what to expect from an appointment. This discussion offers advice about how best to prepare for a virtual visit, from questions to ask your doctor to your concerns regarding connectivity, privacy, and insurance.

Trainer: Eman Darby

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

Register by April 25.

Learn About and Test Ride E-bikes and E-trikes

10am-12pm, May 2 (rain date: May 9 if needed)

E-Bikes and E-Trikes exploded in popularity and usage over the last three years. The purpose of this class is to introduce you to E-Bikes and help decide which will best fit your requirements.

Presenter: Nate Nordstrom and Jesse Ball, New Spin Bicycle Shop

Free and open to the public.

Register by May 1.