

# Social Activities / Extras at 125 LIVE

# Social Activities

These activities are all FREE for Social Members

Updated 4/30/2024

## Social Activities/Interest Groups

These are free for Social Members.

### Castle Quilters

8-11:30am, Mondays

8-11am, 1st and 3rd Friday, May 3 and 17

### Exploring Photography

2-4pm, 2nd and 4th Thursday, May 9 and 23

### Family History Club

2-4pm, 2nd Wednesday, May 8

### Ham Radio Club

2-3pm, 3rd Tuesday, May 21

### Knit and Crochet

12:30-2:30pm, Mondays

12:30-2:30pm, Tuesdays

11:30am-1:30pm, Fridays

### Photographic Post Processing & Editing

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

May 2 and 16

### 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, May 9

Book discussion: Libertie by Kaitlyn Greenidge

### 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, May 7 and 21

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, May 2

5-6:30pm, 3rd Thursday, May 16

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 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

9-11am, Tuesdays, May 7 and 21

9-11am, Tuesdays, June 4 and 18

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.

### Circle of Support Group

12-1:30 pm, 1st and 3rd Wednesday, May 1 and 15

Free and open to the public.

### Grief Support Group

2:30-4pm, 1st and 3rd Thursday, May 2 and 16

Free and open to the public.

### Parkinson's Support Group

1:30-3:30pm, 3rd Thursday, May 16

Free and open to the public.

### Vision of Hope Breast Cancer Support Group

9-11am, 1st and 3rd Mondays, May 6 and 20

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, May, 7, 14, 21, 28

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, May 6

Importance of 125 LIVE Communication with Cheryl and Robin.

No registration required

### Cops and Coffee

11am-12pm, 3rd Thursday, May 16

Join officers in our community while you enjoy coffee and discussion with members of the Rochester Police Department. Free for 125 LIVE members.

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. Nonsocial members must purchase a \$10 day pass at membership services. 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. Nonsocial members must purchase a \$10 day pass at membership services.

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 125 LIVE technology classes see the 125 LIVE monthly program guide.

### 1 Topic 1 Hour

10-11am, Mondays

May 6: Open Discussion

Sponsored by Doug Schommer, Visiting Angels

### May 13: The History of Broadway Avenue

Member Paul Koeller will talk about the history of Broadway Avenue in Rochester. Legend tells us that when Rochester was first settled, a team of oxen was used to plow what would have been Broadway Avenue. Since then, Broadway has continually changed and grown but remained Rochester's "main drag." Broadway continues to evolve as the site of some of Rochester's plans. Join Paul as he takes you on a unique history of Broadway and the Rochester history stories surrounding Broadway.

May 20: Laurie Mangen, with Keller Williams Premier Realty will lead a discussion about local Senior Living options.

May 27: CLOSED– Memorial Day

## Music:

### Friday Concerts

10:30-11:30 am, Fridays

May 3: The Preserves

May 10: Ageless Music

May 17: The Preserves

May 24: Ageless Music

May 31: Young at Heart Singers

### Music Jam Session

1-3pm, Wednesdays

### Young at Heart Singers

10-11am, Wednesdays

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