

Mayo Buildings- The Stories Behind the Names

10-11am, Tuesday, June 4
 You've driven by the Mayo Clinic buildings many times. You've probably even had appointments at the various buildings. You know the building names, but do you know the stories behind the names? Join member, Paul Koeller, as he shares photos of the various Mayo Clinic buildings and tells you something about the people who helped make the buildings possible.
Instructor: Member, Paul Koeller
 Free social members | \$5 fitness members | \$10 nonmembers
Register by: June 3.

AARP Smart Driver Course

9am-1pm, Wednesday, June 5 INITIAL COURSE or 9am-1pm, Wednesday, June 12 REFRESHER COURSE
 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.
Instructor: Steve Sturm, AARP
 \$25 social members | \$30 fitness & nonmembers
Register by June 4 and June 11 respectively

Introduction to Medicare with Prime Time Health Advisors

12-1pm, Wednesday, June 5
 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 June 4.

Introduction to Pickleball

9-10am, Thursday, June 6, 13, 20, 27
 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
 \$75 125 LIVE member | \$89 nonmember
Register by June 5.

Mindfulness Meditation

1-2:15pm, Thursday June 6-27
 In this four-week class, you'll be introduced to the fundamental skills of mindfulness meditation and get tools that can help you:
 -Develop greater focus and concentration while reducing stress
 -Learn to observe your thoughts without getting caught up in them
 -Become more attuned to bodily sensations so you can learn from them.
 -Cultivate self-kindness and compassion
 Please note, attendees must be able to attend all of the session for this program
Instructor: Melinda Eyra
 Free for 125 LIVE members
Register by June 3.

Real Estate and Reality: Condos, Townhomes and Cooperatives: Do You Know The Differences?

10am-12pm, Tuesday, June 11
 The first in a series of classes focusing on the housing needs of our senior community. As you get older, your housing type can change due to various issues. Be proactive; enroll in this class to learn about condos, townhomes, cooperatives, and their differences. Learn your options to be prepared and not forced to go somewhere you don't want to.
Presenter: Jim Miner
 Free social members | \$10 fitness members | \$20 nonmembers
Register by June 10.

Mayo Medical School Senior Sages Information Session

9:30-10:30am, Wednesday, June 12
 A 4-year longitudinal program that provides medical students with a unique opportunity to learn more about the aging process from an expert who has experienced it firsthand, their senior sage. A great opportunity to connect with students and make an impact in the future of American healthcare, communicate your experiences and wisdom to the younger generation, and volunteer your expertise to our community.
 Free and open to the public.
No registration required.

Mayo Clinic Dietetic Talks: The Pep in Your Step: Caffeine Explained

6:30-7:30pm, Monday, June 17
 Mayo Clinic dietetic intern, Allison, will discuss everything you need to know about your morning cup of joe.
 Free for 125 LIVE members | \$10 nonmembers
Register by June 16.

125 LIVE Book Swap

1-2pm, Tuesday, June 18
 Have you read a book that you thought was so good that you have to share it with someone? Come to our book swap. Bring a book and swap it with another one. Please only bring books in good to excellent condition. Appetizer and drinks will be provided.
 Social members free | \$10 non-social members
Register by June 17.

The Story of U.S. WWII Fighters

1-3pm, Wednesday, June 19
 A factual description and comparison of five legendary U.S. WWII fighters, the F4U Corsair, P-51 Mustang, P47 Thunderbolt, F5F Hellcat and P-38 Lightning, told through the discerning eyes of an engineer, but presented for non-engineers. A unique story of their history, design, performance, characteristics, strengths, and weaknesses. Based on Tom Brinkman's book and illustrated with large 1:18 scale models. Tom has a BS and MS in Aeronautics and Engineering Mechanics, University of Minnesota; and an MS in Electrical Engineering, University of Vermont.
Instructor: Thomas Brinkman
 Free for social members | \$10 fitness & nonmembers
Register by June 18.

Life's a Beach! Exploring Coastal Wines

3:30-5:00pm, Saturday, June 22nd
 This class will focus on wines that are from coastal areas of the world. We will taste 4 wines and learn what makes each of them unique. Wine only served to 21+ with ID.
Instructor: Autumn Gilliam
 \$25 social members | \$36 fitness & nonmembers
Register by June 17.

With our continued growth of our membership, and overwhelming success of many of our classes, it is **imperative to register for the classes, presentations or events you want to attend. Many decisions are based on how many people register for classes here.** We now are checking in participants to make sure the people who did register are the ones attending the class. Please stop at Membership Services to register or learn how to register online. The next class is Wednesday, June 26 from 11am-12pm.

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

10am-12pm, Thursday, May 2 Rain date: May 9
 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 E-Bike 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.

Community Talks

11:30am-12:30pm, Friday, May 3
 Tim McCollough, RPU General Manager will be here to share what everyone needs to know about electricity.
 Free for 125 LIVE members | \$10 nonmembers (day pass required)

Cardio Drumming-Saturday

10-10:45am, Saturdays, May 4 or May 18
 Join us for a fun morning working out with Jan, cardio drumming style! You must register for each class.
 Free fitness members | \$10 social & nonmembers
Instructor: Jan Fritz
Register by May 3 and May 17.

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 and nonmembers
Register by April 28.

The Post Bulletin Presents: Big Stories, Big Ideas (with PB News Editor Brian Todd)

10-11am, Wednesday, May 8
 Some news is automatic. You cover a city council or school board meeting; you write a story. But more and more, the Post Bulletin is focused on enterprise journalism. What is enterprise journalism, and why does it matter to you, our readers? And what stories would you like to see us cover? Longtime PB News Editor Brian Todd will talk about some of the best enterprise pieces and how they make a difference, as well as a look into some of the big stories you might see in the future. And you'll get a chance to pass along your ideas as well.
 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 return on your investment.
Presenter: Laurie Mangel, Keller Williams
 Free and open to the public
Register by May 6.

Olmsted Medical Presents: Vertigo

12-1pm, Wednesday, May 8
 Feeling dizzy? More than 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 and is a Certified Exercise Expert for Aging Adults.
 Free for 125 LIVE members | \$10 nonmembers
Register by May 7.

Introduction to Pickleball

1-2pm, Fridays May 10, 17, 24, 31
 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
 \$75 125 LIVE member | \$89 nonmember
Register by May 9.

Castle Quilters Sale

8:30am-11am, Monday, May 13
 Come in and check out items the quilters have for sale for gifts, holidays, or a for yourself!

\$5 5K Run and Walk at TERERALOCO

6pm, Monday, May 13
 Terraloco is kicking off the 5k season with a \$5 5K Run walk benefitting 125 LIVE. Arrive 5-10 minutes early to register at TerraLoco. Cash only. Includes marked course, post run snacks and one prize drawing ticket.
NOTE THIS IS NOT AT 125 LIVE
Register at Terraloco day of event.

Introduction to Medicare

12:30-1:30pm, Tuesday, May 14
 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 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 May 13.

Real Estate and Reality: Housing Alternatives

10am-12pm, Tuesday, May 14
 Join Jim to learn about the housing alternatives for seniors within our community. He will discuss condos, townhome, cooperative, independent living, assisted living and more.
Presenter: Jim Miner
 Free social members | \$10 fitness members | \$20 nonmembers
Register by May 13.

May Events 2024

Mayo Clinic Emeritus Presents: Breast Cancer 11am-12pm, Monday, May 13

In the last decade, many new advances have been made in the prevention, early detection, and treatment of breast cancer. By identifying breast cancer risk factors and genomic risk factors, we can improve our ability to assess breast cancer risk, personalize risk-reducing strategies, and promote healthy behaviors. Dr. Sandhya will share insights into new research on common genetic variations and individualized breast cancer risk prediction to ultimately prevent and reduce the incidence of breast cancer.
Presenter: Dr. Sandhya Pruthi, Consultant Breast Clinic, Professor of Medicine, Medical Director, Division of Health Education and Content Services and Associate Medical Director, Department of Development
Free and open to the public.
Register by May 12.

Smart Driver Tek - Presented by AARP 10-11:30am, 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 11am-1pm, Tuesday, June 11

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 May 10 and June 7 respectively.

Master Gardeners: Growing Tomatoes (and More) In Your Home Garden 10-11am, Tuesday, May 14

This presentation will cover vegetable gardening, focusing on tomato growing. We will cover seed-starting techniques, transplant tips, garden maintenance, and pest/disease control. Bring your questions to OCE Master Gardener Hutton Kearney to maximize your gardening success this season! Hutton will return on Tuesday, May 28, at 10 am to share her vegetable seedlings with 125 LIVE members.
Instructor: Hutton Kearney, Master Gardener
Register by May 13.

Pottery Sale 8:30am-9pm, Wednesday, May 15

Check out what the Pottery Studio has been creating in the studio. Lots of fun pieces for purchase. Stop at the marketing table to buy a gift or piece for yourself.

Managing Low Back Pain & Lumbar Spinal Stenosis: 11:30am-12:30pm, Wednesday, May 15

Join us for an in-depth presentation on low back pain and lumbar spinal stenosis, a debilitation condition often linked to age-related degeneration of the spine. This presentation aims to increase your understanding of lumbar spinal stenosis and provide valuable strategies for managing and improving your quality of life.
Instructor: Dr. Nate Skare
Free for 125 LIVE Members
Register by May 14.

Mayo Clinic Presents: Stroke- When Minutes Matter 10-11am, Wednesday, May 15

Stroke affects one in every six people during their lifetime. Join a local stroke nurse to learn about common risk factors for stroke and strategies to help decrease that risk. Information will be presented on risk factors for stroke including a self-assessment tool, ways to decrease risk, signs of stroke, and what to do if someone is having a stroke.
Presenters: Jenn Wells-Pitman, Mayo Clinic Clinical Nurse Specialist Stroke Coordinator & Jennifer Reed, Mayo Clinic Stroke RN
Free and open to the public.
Register by May 14.

Senior Planet: Introduction to A.I. 1:00 - 2:15pm, Wednesday, May 15

Curious about A.I.? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how A.I. is being used today, its current limitations, and how it will shape the future!
Instructor: Chelsie Gaspar
\$5 social member | \$10 fitness member | \$20 nonmember
Register by Noon on May 14.

125 LIVE Tea Social: Black Tea 1-2pm, Wednesday, May 15

Indulge in the art of socializing and savor the comforting embrace of a warm cup of tea at our delightful gathering, hosted every third Wednesday at 1 pm. Each month a type of tea will be highlighted to taste and enjoy.
Volunteer Leader: Mary Glenski
Social members free | \$5 fitness members | \$10 nonmembers
Register by May 13.

Mayor's Spring Fitness Challenge Initiative 10-10:45am, Thursday, May 16

Mayor Norton will be kicking off the Mayor's Spring Fitness Challenge in Sunny's Everyday Balance class on May 16. Join her in class and have fun getting to know the Mayor.
Free for Fitness | \$10 social or nonmember

Senior Planet- Streaming and Smart TVs 10-11:15am, Thursday, May 16

Streaming and Smart TVs are here to stay. Enroll in this class to learn how Smart tvs work, and the various streaming options available for your tvs.
Trainer: Vince Guerra
\$5 social member | \$10 fitness member | \$20 nonmember
Register by May 15.

Senior Planet: Protecting Your Personal Information Online 12:30-1:45pm, Friday, May 17

This discussion will cover the ins and outs of protecting your personal information online. Tips for staying safe in cyberspace include creating strong passwords, managing spam, recognizing email and text scams, and knowing when sharing your personal information online is OK.
Trainers: Cheryl Thode and Erik Flynn
\$5 social member | \$10 fitness member | \$20 nonmembers
Register by May 15.

Sunday Member Brunch and New Member Welcome 11:30am-12:30pm, Sunday, May 19

Enjoy a brunch buffet while meeting new members and socializing. Free for new members who joined in April 2024
Free social members | \$10 fitness members | \$15 nonmembers
Registration required by May 15 at Noon.

Keeping Yourself Safe Online 2-3:30pm, Monday, May 20

In this class, we will talk about how to keep your personal information safe, creating strong passwords for your online accounts, how you to identify spam and phishing emails and tips for staying safe on the web.
Instructor: Chelsie Gaspar
\$5 social member | \$10 fitness members | \$20 nonmembers
Register by May 19.

How to be an Effective Speaker /Communicator 1-2pm, Monday, May 20

Public speaking can be terrifying. In a fast-paced and engaging manner, Dr. Creagan will demystify the ingredients of an effective presentation. Please note that participants are not expected to get up and speak. Dr. Creagan is a board-certified medical oncologist and the first Mayo board-certified hospice and palliative care consultant. He is the author of 2 best selling books on Amazon.
Presenter: Dr. Creagan
\$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.** 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 12 noon May 19.

Olmsted Medical Presents: Eye Health 1-2pm, Thursday, May 23

Join Optometrist Vivien Yip, OD, from Olmsted Medical Center as she presents on the topic of eye health and aging. The presentation will cover cataracts, glaucoma, and macular degeneration, and provide information on how to maintain healthy eyes and what changes to expect over time. You will learn about the various types of eye diseases, treatments available, and common misconceptions. Dr. Yip is an optometrist at Olmsted Medical Center and provides general eye exams. She completed her training at Illinois College of Optometry in Chicago and has a specialty in low vision rehabilitation.
Presenter: Dr. Vivien Yip OD
Free and open to the public
Register by May 20.

The Music and History of The Eagles 1-3pm, Tuesday, May 21

Enjoy a class learning the history and music of The Eagles from their early success to their latest release. You'll learn the band's origins, personalities, breakups, reuniting and trace their history by listening to their music.
Presenter: Paul Koeller, Member
Free social members | \$5 fitness members | \$10 nonmembers
Register by May 20.

Around the World Cocktail Party 4-5pm, Tuesday, May 21

Join us as we embark on a journey around the world without leaving the city! Featuring signature cocktails inspired by different corners of the globe while you savor delectable hors d'oeuvres and small bites from diverse cuisines, curated to complement our global drink selections. Whether you're a seasoned traveler or an armchair adventurer, this soirée promises to transport you to far-off lands through a symphony of flavors and aromas.
Instructor: Ken Baerg
\$30 social members | \$41 fitness and nonmembers
Register by May 16

CRC: Cloud Storage 11am-12:15pm, Thursday, May 30

In this discussion, you'll learn the basics of cloud storage. This technology 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 cloud storage and why it's the future of data storage and demonstrate a few of the most popular services currently available to consumers.
Instructor: Vince Guerra with Computer Resource Center
\$5 social member | \$10 fitness members | \$20 nonmembers
Register by May 29.

Mastering Photography: Continuing Part 3 6:30-8:30pm, Tuesday, June 4, 11, 18

Week 7-Portrait Photography
Week 8-Landscape Photography
Week 9-Wildlife Photography

In PART 3, we delve into the three most important genres of photography; portraiture, landscape and wildlife. Each topic is thoroughly explored and contains an abundance of shooting principles and objectives to help you get the best shots of people, places and animals. Developing shooting skills in these three areas enables you to shoot anything, anywhere.
Instructor: Hugh Smith
\$65 social member | \$83 non-social member
Register by June 1.

Mastering Photography: Continuing Part 4 6:30-8:30pm, Tuesday, July 9, 16, 23

Week 10-Aesthetics and Composition (Art in Photography)
Week 11-Introduction to Post-Processing
Week 12-Creativity and Vision

Part 4 wraps up this course with discussions of the aesthetic and artistic side of photography. This is where we explore how to develop your creativity and vision as a photographer. We also examine how to take a good image and make it great with Adobe post-processing workflow and editing techniques.
Instructor: Hugh Smith
\$65 social member | \$83 non-social member
Register by July 5.
**** You can register for the part 3 & 4 classes combined and save \$20. \$110 social members | \$146 fitness and nonmembers**

Register online at 125livemn.org - click "Online Registration"

Register online at 125livemn.org - click "Online Registration"