

August Events 2024



July-August Events 2024

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Updated 6/28/24

UMR OT Capstone Project- Mobility Impairments

9:30-11:30am, Tuesday, August 6

University of Minnesota Occupational Therapy Student presents an educational session designed to provide information and discuss strategies for caregivers and individuals living with mobility impairments to improve overall self-esteem and well-being. It will also offer resources to support caregivers and individuals living with mobility impairments.

Presenter: Erin Hillegonds, UMR OTS

Free for 125 LIVE members

Register by: August 5.

Exploring Food Service Apps

11am-12pm, Tuesday, August 6

Did you know that there are apps now for your favorite restaurants? Well, believe it or not, many restaurants nowadays have their own app so that you can order food without having to go through the hassle of visiting their website or going into the restaurant. In this class, we will dive into the many different restaurant apps available. You will learn how to install the app, how to use the app, and how to order food from the app. We will also discuss some additional tips and tricks so you can use these remarkable apps effectively.

Instructor: Chelsie Gaspar

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

Register by August 5.

Real Estate and Reality: So, You Think You Want To Buy A Home

10-11:30am, Tuesday, August 13

Join Jim Miner and get the best information on how to buy your next house.

Instructor: Jim Miner

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

Register by August 12.

Forté Open House

11am-1pm, Tuesday, August 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 August 9.

AARP Driver Safety

9am-1pm, Wednesday, August 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.

Instructor: Steve Sturm, AARP

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

Register by August 13.

The Post Bulletin Presents: Tales from a Mississippi River Boat Captain

10-11am, Wednesday, August 14

Lee Hendrix is the embodiment of Lowell George's "I've driven every kind of rig that's ever been made," and he has the stories and scars to prove it. Whether it be a towboat, a casino boat, steamboat, dredge boat, canoe, kayak, skiff, or rocket ship (that is not a misprint, there was one of those), Lee has a story and perhaps a picture about it. Lee started as a deckhand on a towboat in 1972, and is still looking for work, by gosh. Please come and listen to this man. Get him out of his wife's kitchen! Oh, and he has written a book, and he will tell you all about that, as well. It is entitled "Peep Light: Stories of a Mississippi River Boat Captain."

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

Register by August 13.

Uber and Lyft Rideshare Apps

11am-12:30pm, Friday, August 16

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 August 15.

Three Misconceptions about Estate Planning that Leave a Mess

11am-12pm, Tuesday, August 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 social members | \$5 fitness members | \$10 nonmembers

Register by August 18.

Woodstock- Looking Back 55 years

1-3pm, Tuesday, August 20

Join Paul as he uses photos and music to tell the story of the 1969 Woodstock Music and Arts Festival. You'll learn the history behind the festival, learn about the performers, and listen to samples of the music that was performed.

Presenter: Paul Koeller, Member

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

Register by August 19.

Introduction to Medicare

12:30-1:30pm, Tuesday, August 21

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

Register by August 20.



125 LIVE Annual 4th of July Celebration

11am-1pm, Wednesday, July 3

To celebrate the 4th of July, come to our outdoor BBQ where you can enjoy lunch, friendship, and a free concert with The Preserves AND Young at Heart singers. Wear red, white and blue! All 125 LIVE members and the public are invited to attend. Bring a lawn chair. Lunch will include pulled pork sandwiches, chips & a drink. This event is sponsored by Home Instead.

\$5 social members | \$7.50 fitness members | \$10 nonmembers

Register by July 1.

NEW SOCIAL GROUP: CRC-This Month in Tech Discussion

10-11am, 4th Friday of the month | Starting July 26

Join Vince to stay up to date on the world of technology. We will have an open discussion of the biggest tech developments and news of the month.

Facilitator: Vince Guerra- Computer Resource Center.

Free social members. Nonsocial members must purchase a \$10 day pass at membership services. **Registration is not required.**

National Night Out at 125 LIVE and Recreation Center

4-8pm, Tuesday, August 6

125 LIVE and the Recreation Center are joining forces to celebrate National Night Out. Invite your friends and neighbors! raffle prizes including three month 125 LIVE membership, and birthday party package at Rec Center.

Enjoy the following:

Open skate 4-8pm: Rec Center

Zumba for kids 5:30pm: Willow Room

Fire trucks and police cars 5-5:20pm

Pickleball 4-5pm and 6:30-8pm: Willow Room

Basketball 4-8pm: Rec Center

T-Swift bracelet making 4-8pm: Link Access corridor

Bounce house 4-8: Lower-level parking lot

Food trucks 4-8pm: Lower-level parking lot

Grizzly Mascot appearances

Zumbro Valley Chorus 7pm: River Room

Requesting canned food donation for entrance fee to go towards

125 LIVE Food pantry

Free and open to everyone | No registration required

COMING SOON – 125 LIVE is GR8!

125 LIVE 8th ANNIVERSARY WEEK

October 25- November 1

Special events all week long. Fundraiser for new locker room showers, painting and flooring within the building. The week kicks off with a Roaring 20s themed dinner and dance. More details to be announced soon.

We will be closed Thursday, July 4 in observance of Independence Day!

We will reopen on Friday, July 5 at 5:30am.

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

10-11:30am, Tuesday, July 9

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

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

Register by July 8.

Forté Open House

11am-1pm, Tuesday, July 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 July 5.

Senior Planet: Anti-Virus & Malware Removal

1:00- 2:15 pm, Tuesday, July 9

Concerned about viruses and malware? Attend this lecture to learn how to keep your device safe!

Did you know that viruses are only one type of malware that can harm your computer? In this discussion, we'll cover different types of malware and how they work. We'll also introduce some anti-virus programs and malware remover software and go over how these tools can be used to prevent and get rid of malware infections.

Trainer: Erik Flynn

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

Register by July 8

Mastering Photography: Part 4

6:30-8:30pm, Tuesday, July 9, 16, 23

Part IV 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.

The Post Bulletin Presents: "It Actually Happened" (small-town stories from Plainview and beyond)

10-11am, Wednesday, July 10

John Mulligan, a retired Minneapolis attorney, graduated from Plainview High School in 1966. The author of four published novels, Mulligan researched and wrote "It Actually Happened," a compilation of overlooked chapters in the history of Plainview in the 50's and 60's. His stories include how the PHS basketball team upset Rochester John Marshall in the state tourney, how a prank of stealing an Army tank turned tragic, and the shocking tale of a student who murdered her father. Mulligan ties the stories of small-town life in that era into the larger context of Minnesota and American history.

Social members free | \$5 fitness members | \$10 nonmembers

Register by July 9.



July Events 2024

Friends of Storyworth (FOS)

10am-12pm, Wednesdays, July 10, 17, 24, 31

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 fitness and nonmembers

Register by July 9.

Introduction to Pickleball

9-10am, Thursday, July 11, 25, August 1, 8 NO CLASS JULY 18

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 July 9.

The Art of Movement

5:45pm-6:45pm, Friday, July 12

The Art of Movement focuses both on strengthening your muscles as well as your ability to efficiently move them. It is an analytical meditation that coordinates breathing with movement and connecting your movement to your core muscles. It emphasizes circulation from your fingertips to your toes and a way to look at every movement from your daily life whether it be sitting at a computer or picking up a child as an opportunity to perform the art of movement that benefits the body and helps it heal.

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

Instructor: Harry Todd

Register by July 11.

Master Zumba Class

10-11am, Saturday, July 13

Join Master Zumba instructor, Markee, for a fun morning of dancing! Open to the public.

Instructor: Markee Huinker

\$10 for fitness members | \$15 social and nonmembers

Register by July 12.

Castle Quilters Sidewalk Sale

8:30am-12pm, Monday, July 15

Attention all crafters, sewers, quilters this sale is for you!

New this year: Bits and Pieces Table. Fill a bag for \$3.

11:30am special items at discount prices!

Also featured fat quarters, kits, tote bags, Christmas fabric, quilts, and many new gift ideas. Complimentary coffee and cookies.

Proceeds will be used for: Kronin House, Gage House, First Care and Families First.

Free and open to the public | No registration required

125 LIVE Tea Social:

1-2pm, Wednesday, July 17

Indulge in the art of socializing with friends and savor the comforting embrace of a warm cup of tea at our delightful gathering, hosted every third Wednesday at 1 pm. This month a will be highlighted to taste and enjoy.

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

Register by July 15.

UMR OT Capstone Project- Vision Loss

9:30-11:30am, Tuesday, July 16

University of Minnesota Occupational Therapy Student provides education on visual impairments, their impact on daily life, and ways to manage and cope with these conditions. This educational session is designed to provide educational information and discuss strategies for caregivers and individuals living with chronic illnesses or impairments that affect vision.

Presenter: Erin Hillemonds, UMR OTS

Free for 125 LIVE members

Register by July 15.

Selling Your Stuff Online

11am-12pm, Tuesday, July 16

Do you have something you don't need that you would like to sell? Join us to discuss the process for selling your stuff online through Facebook, Craigslist, and other online platforms. We'll explore tips and strategies to ensure you can sell your stuff safely and wisely.

Instructor: Chelsie Gaspar

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

Register by July 15.

Headaches - There is always an answer!

10am-11am Wednesday, July 17

Join Dr. Nate Skare to discuss the various causes and effective remedies for headaches. Persistent headaches can significantly impact daily life, and many people feel they have to live with them. We will explore different reasons behind headaches and share solutions to help you find relief. No one should have to live with chronic headaches – there is always an answer!

Presenter: Dr. Nate Skare

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

Register by July 16.

Master Gardeners: House Plants

12-1pm, Wednesday, July 17

Topics discussed include different types of houseplants for every environment, the benefits of having plants in your home, how to properly care for houseplants, and tips for troubleshooting common houseplant issues. Each attendee will also have the opportunity to either propagate a new houseplant or select a propagated plant to take home!

Instructor: Jennifer Smith, Olmsted County Master Gardener

Free social members | \$5 fitness members | \$10 nonmembers.

Register by July 16.

July-August Events 2024

Bonjour! The Wines of Southern France

6:30-8pm, Thursday, July 18

Join me as we taste four wines that are unique to Southern France. We will learn what makes each of these wines unique and how to read a French wine label. Wine only served to 21+ with ID.

Instructor: Autumn Gilliam

\$25 social members | \$36 fitness and nonmembers

Register by July 14.

Rochester Clinic/Lotus Health Foundation Presents: Cognitive Health

10-11am, Monday, July 22

Please join Dr. Dawn Jacobson, MD certified in Bredesen Protocol for Alzheimer's cognitive health. Also, a simple cooking demo will showcase a healthy recipe for the brain.

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

Register by July 19.

The Artist's Journal

2-3:30pm, Monday and Wednesday, July 22 and 24

Learn how to create a memorable journal for your loved ones. In this class, you will create a testimony of your feelings, recorded by your drawings and handwritten thoughts. It's a legacy worth sharing.

Instructor: Leon de la Vega

\$45 social members | \$57 fitness and nonmembers

Register by July 19.

UMR OT Capstone Project- Hearing Loss

9:30-11:30am, Tuesday, July 23

University of Minnesota Occupational Therapy Student provides education on hearing loss, its impact on daily life, and ways to manage and cope with this condition effectively. This educational session is designed to provide educational information and discuss practical strategies for caregivers and individuals living with chronic illnesses or impairments that affect hearing.

Presenter: Erin Hillemonds, UMR OTS

Free for 125 LIVE members

Register by July 22.

Senior Planet: Is that AI?

11am-12:15pm, Tuesday, July 23

Can we really believe what we see? Come to this class to train your eye to recognize AI! With the advances in artificial intelligence technology, AI programs can now create ultra-realistic images and videos. At first sight, it may be hard to tell if what you see was created or altered by AI. We'll share tips and tools to help you determine if an image was generated by AI. While we can't definitively tell whether an image is AI, these tools will make you a tech-savvy internet user.

Instructor: Vince Guerra

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

Register by Monday, July 22 at Noon

Sunday Member Brunch and New Member Welcome

11:30am-12:30pm, Sunday, July 28

Enjoy a brunch buffet while meeting new members and socializing.

Free for new members who joined in June 2024

Free social members | \$10 fitness members | \$15 nonmembers

Registration required by July 24 at noon.

Midsummer Floral Bouquet

10am-11:30am Wednesday, July 24

Our bloom host will guide you through the art of creating a breathtaking summer bouquet, sharing tips and tricks to enhance your floral arrangement skills. From color coordination to the strategic placement of each bloom, discover the secrets to crafting a bouquet that reflects the beauty and energy of mid-summer blooms. You will receive 15 stems that may include sunflowers, snapdragons, celosia, eucalyptus, bupleurum, statice, cosmos, gomphrena, zinnias, basil, strawflowers or whatever happens to be blooming. Please bring a clean vase that is between 6 and 8" tall. A quart jar with a wide opening will work as well of your choosing to the class.

Our host and bloom grower: Janelle Rosin

\$35 social members | \$47 fitness and nonmembers

Register by July 19.

UMR OT Capstone Project- Cognitive Impairments

9:30-11:30am, Tuesday, July 30

University of Minnesota Occupational Therapy Student presents an educational session that aims to provide information and discuss strategies for caregivers and individuals living with cognitive impairments. The goal is to enhance understanding of cognitive impairment and its impact on daily life. The session will also offer support and resources to improve overall self-esteem and well-being.

Presenter: Erin Hillemonds, UMR OTS

Free for 125 LIVE members

Register by: July 29.

Simplify Your Life...The Downsizing Process

2:30-3:30pm, Wednesday, July 31

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 of simplifying your home.

Instructor: Laurie Mangen, Keller Williams and Jonah Van Proosdy, A Smooth Move

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

Register by July 30.

Community Talks

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

Join Christiaan Cartwright, Rochester City Clerk to learn how to become an election judge! He will also explain why you should participate in the electoral process.

Free for 125 LIVE members | \$10 nonmembers

Mayo Clinic Presents: Understanding Aging Brains and Ways to Improve Memory

1-3pm, Monday, August 5

Join Angela Lunde, M.A., Associate in Neurology at Mayo Clinic for an informative and engaging session on brain health. Angela will discuss what brain changes are normal for older adults and what changes may be cause for concern. She will highlight what the latest research is uncovering about preventing or delaying symptoms of dementia. In addition, she will engage attendees in ways to minimize age-related changes and improve everyday memory function.

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

Register by August 4.