

Social Activities / Extras at 125 LIVE

Social Activities

These activities are free for social members

Updated 7/26/2024

Social Activities/Interest Groups

These are free for Social Members.

Castle Quilters

8-11:30am, Mondays

8-11am, Fridays

Exploring Photography

2-4pm, 2nd and 4th Thursday, August 8 and 22

Family History Club

2-4pm, 2nd Wednesday, August 14

Ham Radio Club

2-3pm, 3rd Tuesday, August 20

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

August 1 and 15

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, August 8

Book discussion: The Saturday Evening Girls Club by Jane Healey

Woodcarving

9-11:30am, Tuesdays

Recreational Wellness

The following recreational wellness activities are free for BOTH Social and Fitness members.

Age Friendly Bike Ride

9-10am, Fridays, starting August 2

Meet out front of 125 LIVE to go on a group bike ride with Mike W. Partnering with We Bike Rochester and Bike MN. Free and open to the public.

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, August 6 and 20

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, August 1

5-6:30pm, 3rd Thursday, August 15

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, August 6 and 20

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

12-1:30pm, 1st and 3rd Wednesday, August 7 and 21

Free and open to the public.

Grief Support Group

2:30-4pm, 1st and 3rd Thursday, August 1 and 15

Free and open to the public.

Parkinson's Support Group

1:30-3:30pm, 3rd Thursday, August 15

Free and open to the public.

Vision of Hope Breast Cancer Support Group

9-11am, 1st and 3rd Mondays, August 5 and 19

Free and open to the public.

Cards and Games

Billiards Room: Open during building hours

Bingo Tuesdays

11-11:45am, Tuesdays, August 6, 13, 20, 27

Join us for a few bingo games every Tuesday in the Gathering Space. Beverage and a light snack are included.

Free social members | \$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 **ON HOLD FOR SUMMER**

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, August 5

Have coffee with Cheryl and Cara

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

Noon - 1pm, Mondays in the TLC

Tech Mates are 125 LIVE members who volunteer their time and expertise to provide personal assistance with smartphones, tablets, computers, smart-watches, entertainment, and other technology.

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

Registration is not required.

NEW SOCIAL GROUP: CRC- This Month in Tech Discussion

10-11am, 4th Friday, August 23

Join Vince with Computer Resource Center 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.

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

August 5: Alzheimer's

Alzheimer's discussion sponsored by Visiting Angels.

August 12: Dr. Eugene Scharf and Bridget E. Neja

Join Mayo Clinic Lead Clinical Research Coordinators to learn about the clinical study on strokes. Come to learn about this important study.

August 19: Bob Gehle and Dan White

Join Bob and Dan for this discussion about basil cell cancer, MOHS surgery and image guided superficial radiation therapy (SRT). They are sharing their personal experiences, they are not doctors.

August 26: Dr. Crystal Whitmarsh, WHW Physical Therapy

Crystal will lead a discussion about individualized personal therapy that helps active people stay active.

Music

Friday Concerts

10:30-11:30 am, Fridays

August 2: The Preserves

August 9: Ageless Music

August 16: The Preserves

August 23: Ageless Music

August 30: Tom Burson

Music Jam Session

1-3pm, Wednesdays

Young at Heart Singers

10-11am, Wednesdays ON HOLD FOR SUMMER

Will resume September 4

TURN ME OVER —>

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