



Introduction to Pickleball

1pm-2pm, Thursday, September 5-26

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 pickleball. Get ready for an engaging and fun learning experience!

Instructor: Angie Tauscher

\$75 125 LIVE member | \$89 nonmember

Register by September 4.

Rochester Clinic/Lotus Health Foundation Presents: Understanding and Managing Diabetes for Optimal Cognitive Health

10-11am, Monday, September 9

September is Healthy Aging Month, a time to focus on maintaining cognitive health as a vital component of aging well. Cognitive health is multifaceted and essential for overall well-being. While diabetes is widely recognized for its impact on vision, nerves, kidneys, and feet, emerging research highlights its significant role in cognitive health. This presentation will delve into how diabetes affects brain function and overall health, providing strategies for effective management and potential remission to promote healthy aging. Come to enjoy healthy food samples and fun cooking demo from Mei Liu.

Presenter: Rochester Clinic

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

Register by September 6.

Travel Show with Collette Travel: Hawaiian Adventure and Sunny Portugal

2-3pm, Monday September 9

Want to travel, but don't want the hassle of planning all the logistics and activities for the vacation? In this free informational session you will learn about upcoming travel opportunities to Hawaii and Portugal. During the show you will learn who Collette Travel is, what a guided tour is, and walk through the day by day of the trips that are being offered as well as how to sign up for your next vacation.

Stop in to pick-up a trip flyer for more details or click the links below

Discover Hawaii

<https://gateway.gocollette.com/link/1272991>

Sunny Portugal

<https://gateway.gocollette.com/link/1272788>

Free and open to the public.

Register by September 8.

Art Reception

5:30-6:30pm, Monday, September 9

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 September 8.

Secure Your Legacy: A Will, Trust, and Probate Crash Course

**6-7pm, Monday, September 9 OR
10-11am, Tuesday, September 10**

Are you tired of leaving your family's future to chance? Don't let the government or the courts dictate how your assets are distributed. Take control of your legacy with our Will, Trust, and Probate class. Join us and start building your legacy today! All are welcome! \$100 off will or trust for 125 Live Members

Presenter: Alec Osland, Yanowitz Law Firm

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

Register by September 8 and September 9 respectively.

150 Years of Immigration To Olmsted County

10-11am, Tuesday, September 10

Take a look back at four different groups of immigrants that have made Olmsted County and Rochester their home in the last 150 years. The presentation will compare and contrast immigrants from Northern Europe in the mid to late 1800s, the Greeks from 1920-1940, the Southeast Asians from 1970-1990, and the recent immigrants from Somalia and other countries from 1990s to present. The lives of representative individuals from each group will be used to tell the story.

Presenter: Paul Koeller, Member

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

Register by September 9.

Rochester Flower and Gardening Club- Coming to 125 LIVE

1-2pm, Tuesday, September 10

Join Karen as she shares valuable insight on several topics. Are you a gardener looking for more gardening friends to share your hobby with? Learn how to enjoy gardening with less effort, time, and physical activity. We will also discuss managing your garden if you are moving or downsizing.

Presenter: Karen Nolte, a 25-year member of Rochester Flower and Gardening Club. Also a 125 LIVE member.

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

Register by September 9.

Smart Driver Tek - Presented by AARP

10-11:30 am, Tuesday, September 17

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

Register by September 16.

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

Bike Rodeo 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

Operations Update Dinner

4-6pm, Saturday, September 21 (More details soon!)

125 LIVE is GR8! - 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 coming soon.**

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 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.

Presenter: Angela Lunde, M.A.

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

Register by August 4.

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

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————>CONT. UMR OT Capstone Project: Mobility Impairments

information and discuss strategies for caregivers and individuals living with mobility impairments to improve self-esteem and well-being. It will also offer resources to support caregivers and individuals living with mobility impairments.

Presenter: Erin Hillemonds, UMR OTS

Free for 125 LIVE members

Register by August 5.

Exploring Food Service Apps

11am-12pm, Tuesday, August 6

There are apps now for your favorite restaurants 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.

Olmsted Medical Presents: Put Yourself First by Putting Your Health First

11am-12pm, Thursday, August 8

Dr. McKenzie, Family Medicine Physician, OMC Plainview Clinic, takes pride in serving the community where she was raised. She is committed to providing care in her hometown community, mentoring medical students, and sharing her knowledge and passion for medicine with others. Join her as she discusses the importance of prioritizing your health and taking care of yourself.

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

Register by August 7.

Castle Quilters Sale

9-11am, Monday, August 12

The quilters are back with their items to purchase. Their items make great gifts for the holidays, birthdays, or even yourself. Free and open to the public.

Rochester Clinic/Lotus Health Foundation Presents: Skin Surprises: Tackling Fungi, Calluses, and Mysterious Growths!

10-11am, Monday, August 12

The presentation will delve into common skin issues such as fungal infections, calluses, and warts, offering insights into distinguishing between these conditions and their effective treatments. We'll also explore less common skin lesions to broaden your understanding of various dermatological concerns. This session aims to equip you with practical knowledge to better identify and manage these skin conditions, promoting healthier skin and informed care. A cooking demo will follow for recipes that enhance our skin.

Presenter: Jengyu Lai, DPM and Mei Liu, Complete Health Improvement Program Facilitator

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

Register by August 9.



August Events 2024

CRC: How to Choose a New Computer

9:30-10:30am, Tuesday, August 13

Looking for a new computer? This information session addresses some of the most common questions surrounding how to choose a new computer. We will also cover operating systems and compare alternatives to the traditional computer like tablets and Chromebooks. This is an open discussion on finding the best computer for your needs.

Instructor: Vince Guerra

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

Register by August 12.

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

Register by August 12.

Forté Open House

11am-1pm, Tuesday, August 13 OR

11am-1pm, Tuesday, September 10

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 or September 6 respectively.

AARP Smart Driver™ Course

9am-1pm, Wednesday, August 14

Take the AARP Smart Driver™ course and save on your insurance! Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-ways and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road. (No age requirements)

Instructor: Steve Sturm, AARP

\$25 social member | \$30 fitness & nonmember

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.

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

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

Register by August 15.

WHW Physical Therapy Presents: Managing Arthritis with Lifestyle and Exercise

12-1pm, Friday, August 16

Are you or someone you know living with arthritis and seeking effective ways to manage it? We've got just the event for you! Dr. Rhianna Hanson, PT will help you discover how lifestyle adjustments and targeted exercises can make a world of difference in your arthritis journey. She will share invaluable insights and practical tips to help you take control of your health and well-being. Whether you're newly diagnosed or a long-time warrior against arthritis, this class is for YOU!"

Instructor: Dr. Rhianna Hanson, PT

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

Register by August 15.

Senior Planet: Everyday Uses for AI

11am-12:15pm, Tuesday, August 20

This lecture is meant to demystify AI and its widespread reach. Everyone is talking about generative AI, but predictive AI has been around for years. The lecture aims to help participants fear AI less and to understand that AI is already a normal part of our daily lives. Even if we've chosen not to use it, it is used to make decisions in industry that affect our day-to-day interactions.

Instructor: Vince Guerra

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

Register by August 19.

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

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

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August-September Events 2024

————>CONT. Woodstock: Looking Back 55 years

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

Register by August 19.

How to be an Effective Speaker/Communicator

1-2pm, Tuesday, August 20

Public speaking can be terrifying. In a fast-paced and engaging manner, Dr. Creagan will demystify the ingredients of an effective presentation. He will discuss:

1. The opening hook.
2. Meet the needs of the audience.
3. What is in it for me?
4. The power of the story.
5. Transitions
6. The closing
7. The graceful exit

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. Ed Creagan

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

Register by August 19.

Late Summer Blooms Bouquet

10-11:30am Wednesday, August 21

Our experienced florists 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 late summer blooms. You will receive 15 stems that may include dahlias, 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 member | \$47 fitness and nonmember

Register by August 16.

Introduction to Medicare

12:30-1:30pm, Wednesday, 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 member | \$5 fitness member | \$10 nonmember

Register by August 20.

NEW SOCIAL GROUP: CRC– This Month in Tech Discussion

10-11am, 4th Friday of the month, August 23

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.

Member Happy Hour and New Member Welcome

4:30-6pm, Friday, August 23

Join us to meet new members, visit with old friends, share in appetizers and beverages, and be intrigued with a trivia game. Come see what it is all about.

Free for new members who joined in July.

Free social member | \$10 fitness member | \$15 nonmember

Register by August 21.

Friends of Storyworth (FOS)

10am-12pm, Wednesdays, September 4, 11, 18, 25

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 hard-bound 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 Memoir Midwife, joyfully facilitates the Storyworth process.

Instructor: Jane Iddings.

10-10:30am: Computer Talk Time

10:30am-12pm: Story Sharing Time

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

Register by September 3.

Basic Music Theory

1-2pm, Thursdays, September 5-October 10 OR

6:30-7:30pm, Thursdays, September 5– October 10

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 member | \$73 fitness & nonmember

Register by September 3.

Castle Quilters Sale

9-11am, Monday, September 9

Come in and check out items the quilters have for sale. The holidays are just around the corner. Start your shopping today. Free and open to the public.