

Social Activities / Extras at 125 LIVE

Social Activities/Interest Groups CONTINUED: These are free for social members.

Exploring Photography

2-4pm, 2nd and 4th Thursday, October 10 and 24

Family History Club

2-4pm, 2nd Wednesday, October 9

Ham Radio Club

2-3pm, 3rd Tuesday, October 15

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 October 3 and 17

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, October 10

Book discussion:

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

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 Studio 1 and Willow Room.

Please see the Pickleball schedule for details.

Ping Pong

12-1:45pm, Tuesdays and Thursdays

Square Dance

12-3pm, 1st and 3rd Tuesday, October 1 and 15

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, October 3

5-6:30pm, 3rd Thursday, October 17

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, October 1, 15, 29

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.

NEW Cancer Support Group at 125 LIVE

10-11am, 2nd Wednesday, October 9

5:15-6:15pm, 3rd Monday, October 21

Free and open to the public.

Circle of Support Group

12-1:30pm, 1st and 3rd Wednesday, October 2 and 16

Free and open to the public.

Grief Support Group

2:30-4pm, 1st and 3rd Thursday, October 3 and 17

Free and open to the public.

Parkinson's Support Group

1:30-3:30pm, 3rd Thursday, October 17

Free and open to the public.

Vision of Hope Breast Cancer Support Group

9-11am, 1st and 3rd Mondays, October 7 and 21

Free and open to the public.

Social Activities

These activities are free for social members

Updated 9/26/2024

Cards and Games

Billiards Room: Open during building hours

Bingo Tuesdays

11-11:45am, Tuesdays, October 1, 8, 22

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, 12pm-3pm

Cribbage: Tuesdays, 9am-11am

Chess: Tuesdays, 1pm-3pm

NEW Mexican Train: Tuesdays, 3pm-5pm (Gathering Space) - Starts 9/24/24

NEW Mahjong: Wednesdays, 10am-12pm

Mexican Train: Wednesdays, 12pm-3pm

Cribbage: Wednesdays, 1pm-3pm (Gathering Space)

Hand & Foot: Thursdays, 12pm-4pm (Gathering Space)

500 Cards: Thursdays, 1pm-3:30pm

Rummikub: Fridays, 9am-11am

Mexican Train: Fridays, 1pm-3pm (Gathering Space)

Texas Hold 'Em: Fridays, 1pm-3pm

Bridge: Sundays, 1pm-4pm

Informational Activities

Coffee with 125 LIVE Leadership

11am-12pm, 1st Monday, October 7

Robin, Jen, and Katlyn will join you for coffee and will discuss the upcoming 8th anniversary events.

No registration required

Cops and Coffee

11am-12pm, 3rd Thursday, October 17

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

CRC- This Month in Tech Discussion

10-11am, 4th Friday of the month, October 25

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.

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, smartwatches, entertainment, and other technology. Free for social members. Nonsocial members must purchase a \$10 day pass at membership services.

Registration is not 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. 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

October 7: Certified Aging In Place (CAPS)

Discussion led by Harlan Hanson and Andrea Buck preparing your home to age safely. Sponsored by Visiting Angels.

October 14: Growing Old

Discussion led by Bob Thode.

October 21: Medicare Advantage

Discussion led by 125 LIVE members

October 28: Veterans Stories

Discussion led by 6 Veterans

Music

Friday Concerts

10:30-11:30 am, Fridays

October 4: The Preserves

October 11: Jim Weisgerber

October 18: Patience and Fortitude

October 25: Jim Weisgerber

Music Jam Session

1-3pm, Wednesdays

Young at Heart Singers

10-11am, Wednesdays

Interest Groups

Castle Quilters

8-11:30am, Mondays

8-11am, Fridays

Social activities free for social members, \$10 for fitness and nonmembers

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