



Senior Planet: Introduction to A.I.

11- 12:15 pm, Wednesday, October 30

Curious about AI? Want to know more about Chat GPT? This discussion will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, its current limitations, and how it will shape the future!

Instructor: Erik Flynn

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

Register by October 29.

Community Talks with County Commissioner Laurel Podulke

11:30am-12:30pm, Friday, November 1

Stop by the gathering space to learn what County Commissioner, Laurel Podulke, job entails with Olmsted County. Ask questions and be in the "know" of what is happening in your community. Nonmembers must purchase a day pass to attend. You do not need to register.

Free for 125 LIVE members | \$10 nonmembers

Art Reception

5:30-6:30pm, Monday, November 4

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 November 3.

Basics of West Coast Swing

1pm-2pm, Monday, November 4-25 OR

5:45-7pm, Tuesday, November 5-26

West Coast Swing is a partnered Swing Dance, similar to its parent dance of Lindy Hop, but slowed way down! WCS can be danced just about anywhere to any type of music. No partner or experience is needed to join and try this amazing dance out!

\$65 social and fitness member | \$78 nonmember

Register by October 30.

Olmsted Medical Center Presents: Virtual Care and Respiratory Illnesses

10-11am, Tuesday, November 5

OMC's Virtual Care Clinic can see various conditions through telehealth, or video visits. We will review how to access Virtual Care and the services offered. We will also discuss "Batting the Bug" as we enter the fall and winter seasons. We will explore common upper respiratory infections, including prevention, at home cares, and when to have a visit with your provider. By increasing our understanding of these conditions, we can better equip ourselves to manage and reduce the incidence of upper respiratory infections. Amy Nelson has been a Family Nurse Practitioner at Olmsted Medical Center for 25 years, Amy's specialties include telemedicine, acute conditions, preventative health, women's health, contraception, and mental health.

Presenter: Amy Nelson, Family Nurse Practitioner, OMC

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

Register by November 4.

Active Living Active Life Expo

9am-12pm, Wednesday, November 6

Join Rochester Magazine and Post Bulletin for a fun morning with vendors, live music, and raffle drawings every hour.

Free and open to the public. No registration required.

Friends of Storyworth (FOS)

10:00am-12pm, Wednesdays, November 6, 13, 20, 27

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. Jane Iddings, an experienced writing teacher and facilitator, joyfully facilitates the Storyworth process.

Instructor: Jane Iddings.

10:00 to 10:30 Computer Talk Time

10:30 to 12:00 Story Sharing Time

\$10 social members | \$20 non-social members

Register by November 5.

Senior Planet - eBay and PayPal

10-11:15 am, Thursday, November 7

Explore the ins and outs of eBay in this informative class. Learn about the pros and cons of using eBay, essential terms and concepts for PayPal, and the key differences between PayPal personal and business accounts. Whether you're new to eBay or looking to enhance your buying and selling skills, this class will provide you with the knowledge you need to succeed.

Instructor: Vince Guerra, Computer Resource Center

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

Registration is required by November 6.

Veterans Day Celebration

10-11:30am, Friday, November 8

10-10:30am Program

10:30-11:30am Young at Heart Choir

Please join 125 LIVE in honoring our veterans for their service to our country. The event will begin at 10am with the National Anthem, performed by our Young at Heart choir, followed by the Pledge of Allegiance. Next, we will have a keynote speaker, Tiffany Canfield from Olmsted County Veterans Services, and conclude with the presentation of handmade quilts from the 125 LIVE Quilters to both a 125 LIVE veteran and a veteran from the Rochester community. At 10:30am, stay and enjoy a performance by the Young at Heart choir. Coffee and light refreshments will be provided as we come together to thank our veterans for their service.

Free for 125 LIVE Members | NO registration required

Rochester Clinic/Lotus Health Foundation Presents: From Gut to Glory- The Link Between Gut Health and Chronic Disease

10-11am, Monday, November 11

This presentation will explore the critical role of gut health in preventing and managing chronic diseases. This session will highlight the importance of a fiber-rich, whole food plant-based diet in nurturing a healthy gut microbiome. Participants will learn how the gut influences overall health, from immune function to inflammation, and its connection to obesity, diabetes, heart disease, and even mental health disorders. Strategies for improving gut health through dietary choices and lifestyle modifications will be discussed, with a live cooking demonstration offering practical recipes that promote gut health and support long-term wellness.

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

Register by November 8.

125 LIVE is GR8! - 8th Anniversary Week

125 LIVE is turning eight! Special events will be held all week long including a silent auction the week of our anniversary. A fundraiser will be held for new locker room showers, painting, and flooring within the building. Our anniversary week kicks off with a Roaring 20s-themed dinner and dance. Check out the list of events below.

Roaring 20s Party

6-8:30pm, Friday, October 25

Join us for a Roaring 20s Party to kick off our Anniversary Week. Enjoy dancing and listening to Swing Street, a SE MN 17-piece jazz band, and partake in appetizers and beverages. Bring your friends, family, spouses, or significant others. **All are welcome and dancing is not expected.**

\$15 Social members | \$20 fitness members | \$30 nonmembers

Register by October 21.

Multi-Generational Pool Party and Movie

3-5pm, Saturday, October 26

It's a family affair. Bring your kids, grandkids and hang out in our warm water pool and watch a movie about a little fish and a group of sharks.

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

\$15 nonmembers | \$5 youth until age 18

Register by October 25.

Autumn Artisan Pottery Fundraiser

10am-3pm, Sunday, October 27

Enjoy a hot cocoa bar, pottery door prizes, tour the pottery studio or participate in a fall leaf tray workshop.

Hot cocoa bar and pottery door prizes:

10am-12pm

\$ 5 for cup of hot cocoa and 1 door prize ticket

No registration required

Pottery Studio Tours: 10:30am-1pm Drop in.

Fall Leaf Tray Workshop:

Create a small trinket leaf tray perfect for fall or gift giving. Two sessions to sign up.

12-12:45pm OR 1-1:45pm

\$5 social members | \$10 fitness members

\$15 nonmembers

Register by October 24.

2-3pm Drop in only

\$15 for anyone dropping in

No registration required

125 LIVE Connected Through Art

8am-5pm, Monday, October 28

We are all connected through 125 LIVE! Support our facility's renovations by purchasing one of our "Connected Through Art" items, including coloring books and other creative gifts. These items can be enjoyed by you or shared as thoughtful gifts. Your purchase helps make our renovation efforts possible—thank you for your support!

Ice Cream Social

1-2pm, Tuesday, October 29

Who doesn't love ice cream? Join your fellow friends and 125 LIVE members for our ice cream social. Make a sundae with your favorite toppings.

\$5 125 LIVE members | \$10 nonmembers

Register by October 25.

Trivia Contest

3-5pm, Wednesday, October 30

Join Moses from DJ & Photography, LLC for a trivia contest. Enjoy popcorn and beverages while trying to win a prize.

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

Register by October 28.

Halloween Costume Cardio Drumming Contest

1-2pm, Thursday, October 31

You can't celebrate Halloween without dressing up! Join Ken, Robin, Miranda, and others for our costume cardio drumming contest. Get your workout in, and win prizes in our costume contest judged by local celebrities.

\$15 fitness members | \$20 social members | \$30 nonmembers

Register by October 30.

Murder Mystery Member Happy Hour and New Member Welcome

4:30-6pm, Friday, November 1

Can you solve who dunnit? Come to our murder mystery member happy hour and new member welcome. Meet new and old members of 125 LIVE at this murder mystery portrayed by 125 LIVE staff and board members. Appetizers and beverages will be provided, with a cash bar available.

Free for members who joined in September.

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

Register by October 29.



October Events 2024

Winona State University Nursing Students

11am-1pm, Tuesdays, October 1- November 19

Visit with the WSU team, receive a complimentary blood pressure check and learn about various 5-minute educational topics. Pamphlets available on health and wellness, topics, and learn more about managing your blood pressure and overall health. Free for 125 LIVE members. NO registration required.

UMR Occupational Therapy Presents: Live Life to Fullest Series

10-11am Thursdays

October 3: Visual Impairment

October 10: Hearing Loss

October 17: Cognitive Impairment

October 24: Mobility Impairment

University of Minnesota Occupational Therapy Students will provide education to enhance understanding of visual, hearing, cognitive, and mobility impairments. They will discuss the impact on daily life, and ways to effectively manage and cope with these conditions. These educational sessions provides immediate usable information and discusses practical strategies for caregivers and individuals.

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

Register for each class by October 2, 9, 16, and 23.

Pickleball 2.0

2-3pm, Thursday, October 10-31

This is a beginner to intermediate class for those individuals who understand the rules and scoring and have played several games of pickleball. This class will focus on developing and practicing specific shots such as serves, returns, dinking and third shot drops. It will also include practical game situations and strategies.

Instructor: Angie Tauscher

\$75 125 LIVE member | \$89 nonmember

Register by October 9.

Rochester Symphony: Immortal Beethoven

2-3pm Thursday, October 10

Join Rochester Symphony conductor Chia-Hsuan Lin (pronounced jah-shwen) as she presents insight into two of the most iconic and famous melodies in classical music: Max Bruch's Violin Concerto No. 1 and Beethoven's Symphony No. 5. Through musical clips and stories, Maestro Lin shares the history and musical elements that will enrich your understanding of classical music and the listening experience. Musical selections will focus on those included in Rochester Symphony's upcoming concert for those who wish to hear them performed in full.

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

Register by October 9.

Senior Planet: Introduction to Chatting with AI

11am-12:15pm, Friday, October 11

Curious about using ChatGPT or Gemini but need help figuring out where to start? We'll explore tips for using generative AI chat programs so you can make them work for you. You'll learn how to write questions or prompts that are specific and effective at getting helpful responses. We'll show you how this tech can help you with various tasks. Best practices for privacy and security will be discussed too.

Instructor: Chelsie Gaspar

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

Register by October 9.

Rochester Clinic/Lotus Health Foundation Presents: Hormones in Harmony- Unraveling the Link Between Stress, Sleep and Metabolic Syndrome

10-11am, Monday, October 14

This presentation delves into the intricate relationships between various hormones and their impact on metabolic health. Participants will explore how stress, poor sleep, appetite hormones, thyroid function, and insulin contribute to the development of insulin resistance, weight gain, high cholesterol, high blood pressure, and emotional challenges such as anxiety and depression. The session will provide insights into how these hormonal imbalances fuel metabolic syndrome and discuss strategies for restoring balance to improve overall health and well-being. A live cooking demonstration will show how whole food plant-based meals can support hormonal balance and metabolic health.

Presenter: Rochester Clinic

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

Register by October 11.

Senior Housing Options

2-3pm, Wednesday, October 16

Are you thinking about downsizing from your home and confused about all the options available to you based on your lifestyle? Whether you are moving now or 2 years from now, this class will introduce you to the types of housing available in SE MN. You will learn the difference between co-ops, retirement communities, residential housing, and the costs associated with each option.

Presenter: Laurie Mangen

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

Register by October 15.

Introduction to Medicare with Prime-Time Health Advisors

12-1pm, Wednesday, October 16

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 is new to you, this is the place to be. By attending, you will learn about 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 October 15.

CRC: Scam Prevention

1-2 pm, Tuesday, October 15

In today's digital age, protecting yourself from online scams and fraudulent activities is more crucial than ever. This

interactive class is designed to equip participants with the knowledge and tools necessary to identify, prevent, and respond effectively to various types of scams.

Instructor: Vince Guerra

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

Register by October 14.

Tech Thursdays with T-Mobile

11am-1pm, Thursday, October 17

Join the T-Mobile team for a smartphone discussion and hands-on workshop. Bring your smartphone, tablet, or wearables. We'll cover basics such as making and taking calls, sending emails and messages with or without photos, using social media, and understanding the utilities built into smartphones. We'll also look at how to prevent malware and keep your battery healthy.

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

Register by October 16

Community Talks with Mayor Norton

11:30am-12:30pm, Friday, October 18

Rochester Mayor, Kim Norton, wants to hear your vision for Rochester's next generation. Rochester Vision 2050 seeks your input to create a collective vision for our city's future. Come to Community Talks to share your perspective, and insights with Mayor Norton. Nonmembers must purchase a day pass to attend.

Free for 125 LIVE members | \$10 nonmembers

Honoring and Celebrating Who You Are

6-7pm, Mondays, October 21 - December 2 (7 weeks)

Join Jorrie for an hour of listening and learning about yourself and others. Reflect on your life experiences and what makes you the beautiful, unique person that you are. Journals will be provided. Jorrie was the former publisher of Rochester Women Magazine for 20 years. Come to this class to learn from Jorrie and gain insight into yourself. You don't need to attend all classes to benefit.

Instructor: Jorrie Johnson

\$35 social members | \$70 fitness and nonmember

Register by October 18.

Mayo Clinic Emeritus Presents: Recognizing and Avoiding Online Scams

1-2pm, Tuesday, October 22

Learn how scammers use both psychology and technology to attempt to steal money from their victims and how to best protect yourself and your family from these types of threats. Joel has been teaching people how to best use technology in the workplace for over 25 years. His current professional role is Senior Information Security Analyst at Mayo Clinic, where he focuses on helping staff recognize and react appropriately to potential cybersecurity threats.

Presenter: Joel Ott

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

Register by October 21.

How To Buy a New Camera

6:30-8:30pm, Tuesday, October 22

Finding the right camera when there are so many different designs, options, features, and price points can be challenging. This workshop lays out a framework for understanding the pros and cons of different camera makes and models and gives practical advice on where and how you should make your purchase.

Instructor: Hugh Smith

\$20 social members | \$31 fitness and nonmembers

Register by October 21.

Olmsted Medical Presents: Breast Cancer Journey

11am-12pm, Wednesday, October 23

Join Nicole Ross, OMC Lead Mammographer, and Jessica (JJ) Hodge, OMC Radiology RN, for an insightful discussion on the breast cancer journey—from screening to diagnosis—and what you can expect along the way. Nicole has worked at OMC for 21 years, and is on the board of directors with Join the Journey. Jessica has been a nurse for 12 years and is a 2x breast cancer survivor. She is passionate about patient advocacy and education, specifically women's health.

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

Register by October 21.

The Women of Rock and Roll in the 1960s-1970s

1-3pm, Wednesday, October 23

You probably know most of them just by their first names ... Aretha, Diana, Tina, Joni, Grace, Stevie, Cher, and more. Come enjoy learning about their careers and listening to samples of some of their music.

Presenter: Paul Koeller, Member

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

Register by October 22.

Introduction to Restaurant Apps

11am-12:15pm, Friday, October 25

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 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 that you can use these remarkable apps effectively.

Instructor: Chelsie Gaspar

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

Register by October 23.

New Rules in Real Estate- What Buyers and Sellers Need to Know Before Talking to an Agent

10-11:30am, Saturday, October 26

All 50 states are under new rules for buyers, sellers, and Realtors®. This includes, but is not limited to, how brokers/agents will be paid, what strategies sellers might use, and what strategies buyers might use. Information, planning, and understanding options are more critical for all parties than ever. Most people will buy or sell residential property sometime in their life. Take some time to learn for yourself and your family.

Instructor: Jim Miner

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

Register by October 25.

Wine And the Mysterious Stories Behind Them

3:30-5pm, Saturday, October 26

Join me for a fun class that will dig into wines with a holiday flair. From spooky labels to ghostly vineyard stories. This will be a fun Halloween-themed wine class. Snacks provided. Wine only served to 21+ with ID.

Instructor: Autumn Gilliam

\$25 Social | \$36 Fitness and nonmember

Register by October 21.