

# January Events 2025



# December Events 2024

125LIVEMN.ORG | 507-287-1404  
info@125livemn.org

Updated 11/26/24

## Holiday Hours

December 24th: 5:30am-3pm  
December 25th: Closed

December 31st: 5:30am-3pm  
January 1st: 8am-3pm

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

6-7pm, Wednesday, January 8

Are you tired of leaving your family's future to chance? Keep the government and the courts from dictating 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: Yanowitz Law Firm

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

**Register by January 7.**

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

9am-10am, Friday, January 10

Are you tired of leaving your family's future to chance? Keep the government and the courts from dictating 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: Yanowitz Law Firm

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

**Register by January 9.**

### Mayo Clinic Dietetic Talks: Nourish to Flourish: Fueling Your Brainpower

6-7pm, Monday, January 13

Join Samantha Toy, dietetic intern at Mayo Clinic, for a fun and engaging session on nutrition and brain health. Samantha will discuss foods and nutrients that help improve and maintain cognitive function. There will also be recipes provided so that you can incorporate these foods into your everyday life!

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

**Register by January 12.**

### Where Do I Go Now? Housing Alternatives

10-11am, Tuesday, January 14

Join Jim to learn about the housing alternatives for seniors within our community. He will discuss condos, townhomes, cooperatives, independent living, assisted living, and more. Whether it is for you, an aging parent, family member or friend that can no longer stay in your home, attend Jim's class and learn about your options.

Instructor: Jim Miner

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

**Register by January 13.**

### Introduction to Pickleball

12:30-1:30pm, Tuesdays, January 14, 21 AND Thursdays, January 16 and 23

Join the pickleball craze and embark on a 4 lesson 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 January 13.**

### Forté Open House

11am-1pm, Tuesday, January 14

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 January 13.**

### Basics of West Coast Swing

5:45-7pm, Tuesday, January 14, 21, 28

West Coast Swing is a partnered Swing Dance, similar to its parent dance of Lindy Hop, but slowed wayyy 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!

\$49 social and fitness members | \$59 nonmembers

**Register by January 13.**

### Nutrition Strategies for Joint, Muscle, & Bone Health

10-11am, Wednesday, January 15

Join Dr. Nate Skare on how our modern diets can trigger chronic inflammation, facilitating accelerated aging, compromised immune systems, and deterioration in joint health. We will explore how to prevent these issues to live a longer, healthier life through optimal nutrition choices.

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

**Register by January 14.**

### Transitioning to a Resilient & Sustainable Future

1-2pm, Thursday January 16

Our world is facing unprecedented social, economic, and ecological risks resulting from extreme growth over the past 100 years. This extreme growth is called by many experts "The Great Acceleration" and is wholly unsustainable. Our society is beginning to unravel as we reach the Limits to Growth and we are unprepared for the impacts of this. How we respond to this unravelling will affect everyone and everything. Understanding the "how and why" informs future pathways, and where our efforts could likely prevail.

Presenter: Ivan Idso

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

**Register by January 15.**

### Exploring the Wines of Spain

3:30-5pm, Saturday, January 18th

We will explore wines from all over Spain and get a better understanding of how Spanish wines are labeled.

Wine only served to 21+ with ID.

Instructor: Autumn Gilliam

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

**Register by January 13.**

### Travel Opportunities

Check out our upcoming travel options with 125 LIVE with Collette Travel. You're a traveler with places to go. We'll take care of the details. You embrace the journey. Meet a group of people who share your love of travel. Learn from locals. Forge friendships in the coolest places. There's plenty of time built into our itineraries, plus optional tours, Choice of Tour excursions, and more. It's your trip, your way. You know what you want to see and do - let a team of experts handle all the details from the must-sees to centrally-located accommodations and local lessons. Don't rush - this is your time to see the world. Get more time in the destination, and enjoy an ideal balance of included excursions and free time.

Discover Hawaii

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

Sunny Portugal:

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

South Pacific Wonders:

<https://gateway.gocollette.com/link/1272737>

### Holiday Gift Fair

9am-2pm, Thursday, December 12

Please join us for our annual gift fair, featuring 40 local vendors, door prizes, and complimentary coffee and pastries. You can purchase lunch from Novios Café and Bunnies Coconut Cake from the Canadian Honker Restaurant. Please consider donating non-perishable food items to the 125 LIVE Food Pantry. The event is free to attend and open to the public.

### Holiday Celebration Lunch and Live Music

Friday, December 20

10:30-11:30am: Music and Christmas sing-a-long

11:30am-12:30pm: Lunch served

Please join us to celebrate the season by enjoying a holiday lunch with music and friends. Music will be performed by the Rochester Symphony.

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

**Registration required by December 18 at 12pm.**

### It's a Jolly New Year Open House

9am-12pm, Wednesday, January 1

Join 125 LIVE in 2025 and smash new fitness goals, try a new class and make new friends. **No enrollment fee during the open house. A \$50 savings when signing up that day only.**

### Holly Jolly Fit-mas

4-4:50pm, Monday & Wednesday, December 2-18

Combine strength training and cardio exercises to improve your fitness level and body shape before Christmas!

Full body workouts that include floor work and standing exercises.

Personal Trainer: Erika

\$45 fitness member \$45 | \$57 social member | \$70 nonmember

**Register by December 1.**

### Basics of West Coast Swing

5:45-7p m, Tuesday, December 3, 10, 17

West Coast Swing is a partnered Swing Dance, similar to its parent dance of Lindy Hop, but slowed wayyy 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!

\$49 social and fitness members | \$59 nonmembers

**Register by December 2.**

### Introduction to Medicare with Prime Time Health Advisors

12-1pm, Wednesday, December 4

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 will be new to you this is the place to be. By attending, you will learn: 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 social members | \$5 fitness members | \$10 nonmembers

**Register by December 3.**

### Senior Planet- Holiday Greetings with Canva

1-2:30pm, Wednesday, December 4

Join us in creating a holiday greeting card, letter, or party invitation using Canva. In this hands-on workshop, you will set up a free Canva account and learn the basic functions of this popular design platform. We'll explore holiday templates and encourage your creativity. Canva can print your masterpiece, or you can print it at home or in a print shop. Bring your laptop or tablet, OR use one from the technology center.

Trainers: Mary & Cheryl

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

**Register by December 3.**

### Senior Planet- Wearable Technology

Noon-1pm, Thursday, December 5

Learn about the technology you wear and what it can do for you! From fitness trackers to smart glasses, wearable technology is available! Whether you're a tech enthusiast or a tech newbie, there's something for everyone. Join this discussion to learn about health, wellness and personal safety benefits of wearable technology.

Trainer: Vince Guerra

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

**Register by December 4.**

### Introduction to Medicare

12:30-1:30pm, Thursday, December 5

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 December 4.**



# December Events 2024

## Music Recital Featuring Students of Vivian Lark 1pm, Sunday, December 8

Enjoy an afternoon of piano pieces by the students of Vivian Lark. Free for 125 LIVE members. No registration required.

## Holiday Feasts Unwrapped- Tips for Healthy Indulgence! 10-11am, Monday, December 9

The presentation will focus on whole food plant-based nutrition, showing how to prepare festive dishes that are both indulgent and nutritious. Attendees will discover how to avoid the pitfalls of overeating and unhealthy indulgence by creating delicious, nutrient-dense meals that support well-being during the holiday season. The cooking demo will provide hands-on tips and recipes.

Presenter: Rochester Clinic/ Lotus Foundation  
Free social members | \$5 fitness members | \$10 nonmembers  
**Register by December 6.**

## Mayo Clinic Dietetic Talks: Nutrition as We Age: Eating Healthy with the Dietary Guidelines 6-7pm, Monday, December 9

Join Audrey McKinney, dietetic intern at Mayo Clinic, for a fun and informative session on dietary guidelines. Audrey will discuss using the dietary guidelines for healthy eating and aging. Additionally, Audrey will discuss the soon-to-be-released 2025 guidelines!

Free social member | \$5 fitness member | \$10 nonmember  
**Register by December 8.**

## Build Better Balance Workshop 11am-12pm, Tuesday, December 10

In this workshop, we will take a dive into what makes up balance – what systems are involved and how you can harness them to Build Better Balance! Join Dr. Hannah, a physical therapist with Whitmarsh Health & Wellness to learn what daily habits are helping or hurting your balance, and what you can do to set yourself up for balance success.

Instructor: Hannah Borup PT, DPT, NCS  
Free 125 LIVE members | \$10 nonmember  
**Register by December 9.**

## Real Estate and Reality: Homeowners Associations– The Good, The Bad and The Ugly 10-11:30am, Tuesday, December 10

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 December 9.**

## Forté Open House 11am-1pm, Tuesday, December 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 December 6.**

## Zumbro Valley Chorus: Harmony for the Holidays 7-8pm, Tuesday, December 10

Join the Zumbro Valley Chorus for an evening of festive music. Please bring a can good donation in lieu of an entrance fee. No registration required.

## The Post Bulletin Presents: Two of Rochester's Most Moving Christmas Stories 10-11am, Wednesday, December 11

On Christmas of 1944, Rochester World War II pilot Clarence Stearns found a moment of humanity in a German POW camp. And on Christmas Eve of 1953, two Rochester firefighters jumped into a half-frozen Silver Lake to save a drowning 9-year-old boy in what may be the city's greatest story of heroism ... and its greatest tragedy. Steve retells the two stories he previously wrote for the Rochester magazine.

Presenter: Steve Lange, Rochester Magazine editor and Post Bulletin GM  
Free social members | \$5 fitness members | \$10 nonmembers  
**Register by December 10.**

## Introduction to your 125 LIVE Account 11am-12pm, Wednesday, December 11

Would you like to sign up for 125 LIVE activities online? In this course, you will learn how to access your online account, what functions are available in your account, what the online catalog will look like on different devices, and how to register for activities. If you don't already have an E-mail on file, please provide membership services with your updated E-mail address. Please bring either your mobile device or laptop to the class to follow along. Handouts will be provided.

Instructor: Alex Forrest  
Free and open to 125 LIVE members.  
**Register by December 10.**

## Senior Planet: Online Shopping Noon-1 pm, Thursday, December 12

In this class, you will explore some of the major online shopping platforms, share your experiences with these sites, discuss the pros and cons of online shopping, and learn the essentials for becoming a successful online shopper.

Trainer: Vince Guerra, Computer Resource Center  
\$5 social members | \$10 fitness member | \$20 nonmembers  
**Register by December 11.**

## Senior Planet: Zooming Through the Holidays - An Introduction to Zoom 11am-12:15pm, Friday, December 13

Stay connected with family and friends this holiday season, no matter the distance! In this class, you'll learn the basics of using Zoom, including how to set up calls, send invites, and navigate important features like screen sharing and virtual backgrounds. We'll also cover tips for hosting fun, interactive Zoom gatherings and troubleshooting common issues. Whether you're planning a virtual holiday party or simply catching up with loved ones, this class will help you make the most of your Zoom calls during the holidays!

Instructor: Chelsie Gaspar  
\$5 social members | \$10 fitness members | \$20 nonmembers  
**Register by December 11.**

# December 2024 - January Events 2025

## Community Talks with Salt and Light Partners 11:30am-12:30pm, Friday December 13

Stop by the gathering place to visit with host Salt and Light Partners to talk about their service and support to Sheriff's office, RPD, fire fighters and even 125 LIVE staff and members. Nonmembers must purchase a day pass to attend. You don't need to register.  
Free for 125 LIVE members | \$10 nonmember

## Wine And Celebratory Sips! 6:30-8pm, Friday, December 13

Join me for a fun class where we explore the best wines for your holiday celebrations. These wines will range from "great for a crowd" to "special occasion wines". Snacks provided. Wine only served to 21+ with ID.  
Instructor: Autumn Gilliam  
\$35 social members | \$47 fitness and nonmember  
**Register by December 9.**

## Secret Santa 125 LIVE Book Swap 1-2pm, Tuesday, December 17

It's the holiday season, and we are having a Secret Santa book swap. Wrap a book up to share with others. Take a break from the holiday busyness and enjoy an afternoon with friends. Please only bring books in good to excellent condition. Holiday-themed appetizers and drinks will be served. Free social member | \$10 fitness & nonmembers  
**Register by December 16.**

## Senior Planet: My Chart Noon-1:00 pm, Thursday, December 19

Has your doctor or healthcare provider ever mentioned MyChart? Learn about how this electronic health record portal works both in a web browser and as an app. We'll go over how MyChart can help you keep all your health information in one place, communicate with your providers, and have a virtual visit. You'll also learn about the portal's privacy and security features.  
Instructor: Vince Guerra, Computer Resource Center  
\$5 social member | \$10 fitness member | \$20 nonmember  
**Register by December 18.**

## Boxing Day 7-7:30am, Thursday, December 26th

International Boxing Day!! This boxing class combines high-intensity workouts with fundamental boxing techniques to build strength, endurance, and agility.  
Personal Trainer: Kris  
Free fitness members | Fitness members only  
**Register by December 24.**

## Warm Yoga by the Pool 8-8:45am, Saturday, January 4

Start your weekend off with a forty-five-minute yoga session by the warm water pool at 125 LIVE.  
Instructor: Max  
\$6 fitness members | \$10 social members | \$16 nonmembers  
**Register by January 3.**

## Balance Bootcamp 8-8:45am, Mondays and Wednesdays, January 6 - January 30

This Balance Boot Camp class focuses on improving stability, coordination, and strength through dynamic exercises and functional movements. Using a variety of equipment and bodyweight drills, you'll challenge your core, lower body, and proprioception to enhance overall balance. Perfect for all fitness levels, this class will help you feel more grounded, confident, and agile in everyday movements.  
Personal Trainer: Sunny  
\$30 fitness member | \$35 social member | \$45 nonmember  
**Register by January 5.**

## Healthy Holidays-Weight Loss 1-1:50pm, Tuesday and Thursday, January 7- January 30

Kickstart your New Year with our transformative weight loss class, designed to help you set realistic goals, stay motivated, and build lasting healthy habits. With personalized guidance, expert advice, and a supportive community, you'll feel empowered to make sustainable changes and achieve your fitness goals all year long. Let's make this your healthiest year yet!  
Personal Trainer: Kris  
\$40 fitness member | \$45 social member | \$52 nonmember  
**Register by January 6.**

## AARP Driver Safety 9am-1pm, Wednesday, January 8

Take the AARP Smart Driver™ classroom course and you could save on your car insurance! Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way, and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road.  
Instructor: Steve Sturm, AARP  
\$25 social members | \$30 fitness & nonmembers  
**Register by January 6.**

## Friends of Storyworth (FOS) 10:00am-12pm, Wednesdays, January 8-29

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](https://www.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 social members | \$20 non-social members  
**Register by January 7.**