



We will be closed Thursday, November 28th in observance of Thanksgiving Day. Friday, November 29th we will be open 8am-3pm.

Master Gardeners: Houseplant Q and A

1-2pm, Monday, November 18

Do you have houseplants that aren't doing well, or have questions about your houseplants? Jennifer and Lauren, Master Gardeners with Olmsted County, will look at your plant, and answer questions to help get your houseplant back to health. If you have specific concerns, bring your plant to the class.

Instructor: Jennifer Smith and Lauren Jennings, Olmsted County Master Gardeners

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

Register by November 17.

Three Misconceptions about Estate Planning that Leave a Mess

11am-12pm, Tuesday, November 19

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

Register by November 17.

Pottery Studio Sale @ the Marketing Table

8:30am-12pm, Wednesday, November 20 & December 18

Please stop by the marketing table to see what our 125 LIVE pottery members have created. All handcrafted their pottery makes great gifts or showpieces in your own home. All funds from pottery sales will go into purchasing wish list items for the pottery studio. Free and open to the public.

Healthy Aging for Your Brain and Body with Dr. Nate Skare

10-11am, Wednesday, November 20

Our lifespans are increasing, but our health spans are not. Join Dr. Nate Skare as he shares strategies for a healthier body and brain. We will explore key areas that can help keep you functioning and doing the things you love physically and mentally.

Presenter: Dr. Nate Skare

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

Register by November 19

Mayo Clinic Presents: Chronic Pain

1-2pm, Wednesday, November 20

Join Michael Hooten MD, Professor of Anesthesiology and Wesley Gilliam PhD, Assistant Professor of Psychology for an informative and engaging session on chronic pain. Drs. Hooten and Gilliam will discuss biological, psychological and social factors that contribute to the pain experience as well as effective chronic pain treatment options that are available at the Mayo Clinic Pain Rehabilitation Center.

Presenter: Dr. Michael Hooten, and Dr. Wesley Gilliam

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

Register by November 18.

Senior Planet - Intro to Managing Your Privacy

11am-12:15pm, Thursday, November 21

Are you concerned about privacy? Unsure about accepting cookies? Learn about some essential privacy tips! In this introductory lecture, we'll review how ads target us online, how to limit tracking, and where to find browser settings and extensions to better control how our information is shared. We'll also discuss some of the key features of password managers and why they're a safe and secure option.

Instructor: Vince Guerra

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

Register by November 20.

Wine And Flavors: A Tasting Experiment

6:30-8pm, Friday, November 22

Truly find out how each element: salt, fat, acid, bitter, sweet, and umami can indeed influence the perception of wine in various ways. We will taste several different wines and find out how this interaction can change how a wine tastes. Snack provided. Wine only served to 21+ with ID.

Instructor: Autumn Gilliam

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

Register by November 18.

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- Wearable Technology

Noon-1 pm, 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.

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.

Rochester Clinic/Lotus Health Foundation Presents: Holiday Feasts Unwrapped- Tips for Healthy Indulgence!

10-11am, Monday, December 9

Participants will not only learn practical strategies for enjoying holiday meals healthily but also experience a live cooking demonstration. 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, ensuring that everyone can celebrate the holidays with joyful and health-conscious feasts.

Presenter: Rochester Clinic

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

Register by December 6.

We will be closed Thursday, November 28th in observance of Thanksgiving Day. Friday, November 29th we will be open 8am-3pm.

Veterans Day Program

10-11:30am, Friday, November 8

Join us to honor those who have served our country. We will have a speaker, sing the national anthem, the Castle Quilters will donate two quilts to two veterans, and enjoy beverages, treats and music from the Young at Heart Singers. Sponsored by Cornerstone Caregiving.

Free 125 LIVE members | NO registration required

Dessert First Member Happy Hour and New Member Welcome

4-5:30pm, Wednesday, November 27

Join us for the best part of Thanksgiving, DESSERT! 125 LIVE wants to celebrate and give thanks with our members with apple, pecan, cheesecake, or pumpkin pie. Pie and beverages will be provided.

Free for new members who joined in October.

Free social members | \$10 fitness members | \$15 nonmembers

Register by November 23.

Winona State University Nursing Students

11am-1pm, Tuesdays, Ongoing until 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.

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 **DATE CHANGE**

10-11am, Tuesday, November 26

Olmsted Medical Center'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 "Battling 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.

Presenter: Amy Nelson

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

Register by November 25.

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 hardbound 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.

Introduction to Medicare

12-1pm, Wednesday, November 6

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 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.

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November Events 2024

—>CONTINUED Senior Planet - eBay and PayPal

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
Register by November 6.

From Gut to Glory- The Link Between Gut Health and Chronic Disease

10-11am, Monday, November 11

Gut health plays a critical role in the prevention and management of chronic diseases. We will discuss the importance of a fiber-rich, whole food plant-based diet in nurturing a healthy gut microbiome. You will learn how the gut influences overall health, from immune function to inflammation, and connections to obesity, diabetes, heart disease, and even mental health disorders. Strategies for improving gut health 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
Presenter: Rochester Clinic/Lotus Health Foundation
Register by November 8.

Mayo Clinic Dietetic Talks: Exploring Protein for Muscle Health, Active Living and Overall Wellbeing

6-7pm, Monday, November 11

Join Aya Elmir, Mayo Clinic dietetic intern, for an insightful presentation exploring the critical role of protein and protein strategies for maintaining muscle health and improving functionality as well as wellbeing. Protein guidelines will be discussed for all adult ages, including older and young adults. Attendees will learn about high-quality protein sources, effective dietary strategies, recipe ideas, practical tips for reading protein content on nutrition labels, exercise tips and more! Discover how these insights can support muscle health in older and young adults.

Free social member | \$5 fitness member | \$10 nonmember
Register by November 10.

Safari Photography: Take Great Wildlife Images on Your Bucket List Vacation

6:30-8:30pm, Tuesday, November 12

Explore tips, tricks and techniques for creating stunning wildlife images in any ecosystem. Using image examples from Botswana, Namibia, Zimbabwe, South Africa, Tanzania and South America, this workshop will discuss concepts and fieldcraft skills to help you level up your wildlife photographs. We explore the concepts and methods for how to locate, approach, and capture iconic images of animals from around the world.

Instructor: Hugh Smith
\$20 social member | \$31 fitness and nonmember
Register by November 11.

Condos, Townhomes and Cooperatives: Do You Know The Differences?

10am-12pm, Tuesday, November 12

As you get older, your housing type can change due to various issues. Be proactive; enroll in this class to learn about condos, townhomes, cooperatives, and their differences. Learn your options to be prepared and not forced to go somewhere you don't want to.

Presenter: Jim Miner
Free social members | \$10 fitness members | \$20 nonmembers
Register by November 11.

Smart Driver Tek - Presented by AARP

10-11:30 am, Tuesday, November 12

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 members | \$5 fitness members | \$10 nonmembers
Register by November 11.

Forte Open House

11am-1pm, Tuesday, November 12

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 November 10

Rochester Garden and Flower Club– Fall Floral Arrangement

1-2pm, Tuesday, November 12

Join Lynelle Webb-Oneill, the owner of Everyday Bouquets, as she demonstrates how to create a stunning fall arrangement perfect for your Thanksgiving table or as a thoughtful hostess gift during the holidays. Don't miss this opportunity to learn her expert tips and tricks for crafting this beautiful arrangement.

Presenter: Lynelle Webb-Oneill
Free social members | \$5 fitness members | \$10 nonmembers
Register by November 11.

The Post Bulletin Presents: Tracking Your Trash

10-11am, Wednesday, November 13

One bag's journey to (and through) the Waste To Energy Facility. Rochester Magazine Editor Steve Lange and Olmsted County Environmental Resources Communications Specialist Anthony Wittmer take you through the journey of a bag of garbage from your curb through the Olmsted County Waste To Energy Facility, which generates the steam to heat 20 buildings and generates enough electricity to power the Federal Medical Center and dozens more buildings. Expert Anthony Wittmer will answer all of your garbage and recycling questions.

Free social members | \$5 fitness members | \$10 nonmembers
Register by November 12.

Mayo Clinic Peregrine Falcon Presentation

10-11am, Thursday, November 14

"Join us to hear all about the Peregrine story and see a live falcon up close! Learn what is being done here in Minnesota to help the species and what we have discovered about them after 40 years of research. Jackie Fallon, wildlife biologist, master falconer, and educator for over 30 years, will be our presenter. She is currently the VP of Field Operations for the Midwest Peregrine Society and MN state coordinator for peregrine monitoring, managing all aspects of research at over 60 peregrine falcon territories in Minnesota and Wisconsin. Jackie will bring with a live peregrine to help tell the tale of this admired falcon."

Presenter: Jackie Fallon
Free social member | \$5 fitness member | \$10 nonmember
Register by November 13.

Tech Thursdays with T-Mobile Smartphones

11am-1pm, Thursday, November 14

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

Free social members | \$5 fitness members | \$10 nonmembers
Register by November 12.

CRC Presents: Creating a PayPal Account

11am-12pm, Thursday, November 14

Join us for a step-by-step guide on how to create and set up a PayPal account. In this class, you will learn how to choose between a personal and business account, navigate the PayPal interface, link your bank accounts and credit cards, and understand the key features and benefits of using PayPal for online transactions. Whether you're looking to shop online securely or start receiving payments for your business, this class will equip you with everything you need to get started with PayPal.

Instructor: Vince Guerra, Computer Resource Center
\$5 social members | \$10 fitness members | \$20 nonmembers
Register by November 13.

Rochester Symphony Presents: Sleeper's Awake

2-3pm Thursday, November 14

Join Rochester Symphony conductor Chia-Hsuan Lin (pronounced jah-shwen), for a presentation about one of the most beloved pieces of choral music ever composed - J.S. Bach's Cantata 140. Also known as "Sleeper's Awake!", the music has a recognizable and iconic melody that has been included in many Christians hymnals. Through music 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 after the presentation.

Free social members | \$5 fitness members | \$10 nonmembers
Register by November 13.

How to Get Top Dollar for Your Home

5:30-6:30pm, Thursday, November 14

We will discuss what buyers want and how to prepare your home to sell for top dollar and obtain multiple offers. The class will include information on safety issues, interior and exterior improvements, and other important tips that will give buyers peace of mind.

Presenter: Laurie Mangen
Free social members | \$5 fitness members | \$10 nonmembers
Register by November 13.

125 LIVE Castle Quilters Holiday Sale

8:30am-12pm, Friday, November 15

Attention all crafters, sewers, quilters this sale is for you! If you are looking for fat quarters, fabric bundles, Christmas fabric, jewelry, quilting books, dark flannel, fleece, and miscellaneous items you won't want to miss this sale. The quilters will be having a bag sale -small bags for \$10 and large bags for \$20. Not a crafter or quilter? The quilters will also have lots of finished quilts and items for you too! Cookies and coffee will also be available while you shop.

Free and open to the public | No registration required

Introduction to Keeping Yourself Safe Online

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

Want to know how you can keep yourself safer online? In this class, we will talk about how to keep your personal information safe, including how to create strong passwords for all of your online accounts. We will also discuss how you can identify spam and phishing emails. You will be given several tips for staying safe while you search and browse the web.

Instructor: Chelsie Gaspar
\$5 social members | \$10 fitness members | \$20 nonmembers
Register by November 13.

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

10-11:30am, Saturday, November 16

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
Free social members | \$5 fitness members | \$10 nonmembers
Register by November 15.

Acoustic Eidolon

4-6pm, Saturday, November 16

Join us for an unforgettable evening with Acoustic Eidolon, where emotion and music intertwine in a breathtaking experience. Masters of their craft, Hannah and Joe share their passion through soulful performances that resonate deeply with audiences. Expect to feel a wave of joy, reflection, and gratitude as they take you on a journey through their unique sound—a genre-bending blend of Celtic, Americana, Folk, and Flamenco. With engaging stories behind each song, including heartfelt originals and distinctive covers like Queen's "Bohemian Rhapsody," their connection to the audience is palpable. With 13 diverse albums and a reputation for captivating performances, Acoustic Eidolon promises a night filled with authenticity, artistry, and pure musical magic. Don't miss the chance to witness "The Acoustic Eidolon Experience"!

Free social members | \$10 fitness members | \$20 nonmembers
Register by November 16.