

Social Activities / Extras at 125 LIVE

Interest Groups

Castle Quilters
8-11:30am, Mondays
8-11:15am, Fridays

Exploring Photography
2-4pm, 2nd and 4th Thursday, January 9 & 23

Family History Club
2-4pm, 2nd Wednesday, January 8

Ham Radio Club
2-3pm, 3rd Tuesday, January 21

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, January 2 & 16

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, January 9
Book discussion:

Woodcarving
9-11:30am, Tuesdays

Recreational Wellness
The following recreational wellness activities are free for BOTH Social and Fitness members.

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, January 7 & 21
12-1pm: Learn the steps to square dancing
1-3pm: Square dance calling

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, January 2
5-6:30pm, 3rd Thursday, January 16
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 January 7 & 21
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, January 8
5:15-6:15pm, 3rd Monday, January 20
Free and open to the public.

Grief Support Group
2:30-4pm, 1st and 3rd Thursday, January 2 & 16
Free and open to the public.

Parkinson's Support Group
1:30-3:30pm, 3rd Thursday of the month
Not meeting in December or January
Free and open to the public.

Social Activities

These activities are free for social members

Updated 12/30/2024

Cards and Games
Billiards Room: Open during building hours

Bingo Tuesdays
11-11:45am, Tuesdays, January 7, 14, 21, 28
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

Mexican Train: Tuesdays, 3pm-5pm (Gathering Space)

Mahjong: Wednesdays, 9:30am-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, Monday, January 6
Sit down with Sylwia and Ken for an open and insightful conversation about 125 LIVE's long-term goals, its impact on the community, strategies for building capacity, and the future of programming. This discussion is a unique opportunity to share ideas, provide feedback, and collaborate on shaping the vision and direction of 125 LIVE as it continues to grow and evolve to meet the needs of its members and the community. No registration required.

Cops and Coffee

11am-12pm, 3rd Thursday, January 16
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, January 24
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 Sharing Discussion Group
11am- Noon, Mondays in the TLC
Join our weekly discussion group about all things digital. Free for Social members. Nonsocial members must purchase a \$10 day pass at membership services.
December 2- Libby - Library App
December 9 - How to find and read books online
Registration is not required.

Drop-In Tech Help
Noon - 1pm, Mondays in the TLC
Have questions about your smartphone, email, navigating websites, or staying safe online? Drop into the Technology Learning Center (TLC). Our dedicated technology volunteers will share their expertise to answer your questions. Social members are free. 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/>. For a list of 125 LIVE technology classes see the 125 LIVE monthly Program Guide.

1 Topic 1 Hour
10-11am, Mondays
January 6 The Landing, Dan Fifield Services offered.
Wendel Amstutz from NCRC discussion about his book, Respect.
January 13 An open discussion led by Members.Planning for February
January 20
January 27 **Funeral Planning**, Colin Maxon with Maxon Family Cremation and Life Celebration

Music
Friday Concerts
10:30-11:30 am, Fridays

January 3 Preserves
January 10 Roch Bottom
January 17 Becca Tesch
January 24 Roch Bottom
January 31 Patience and Fortitude

Music Jam Session
1-3pm, Wednesdays

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

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