



## POTTERY AND ART CLASSES

### Intro to Wheel Part II

**10am-12pm, Mondays, March 3, 10, 17, 24**

This four-week class builds on Wheel Part 1. We will work on throwing mugs with handles, cover jars with lids and decorating pieces. You will be able to fire and keep some work. Materials included: 25lbs of clay. Prerequisite: Intro to Wheel Part 1

Instructor: Tom Sandoe

\$170 social members | \$188 non-social members

**Register by March 2.**

### Beginning to Clay

**5:30-7pm, Tuesdays & Thursdays, March 4, 6, 11 & 13**

Discover the joy of working with clay in our four-week class, "Beginning to Clay". Explore hand-building for two days and wheel throwing for two days in a supportive environment perfect for beginners. Unleash your creativity and create pottery masterpieces. Join us for a fun and enriching journey with clay. Each participant will make one hand-built cup and one wheel-thrown bowl.

Instructor: Anna Glenski Kjose

\$170 social member | \$188 fitness & nonmember

**Register by February 28.**

### Intro to Wheel Part II

**5:30-7:30pm, Wednesdays, March 5, 12, 19, 26**

This four-session class builds on Wheel Part 1. We will work on throwing mugs with handles, cover jars with lids and decorating pieces. You will be able to fire and keep some work. Materials included: 25lbs of clay. **Prerequisite: Intro to Wheel Part I.**

Instructor: Carolyn Real

\$170 social members | \$188 fitness and nonmember

**Register by March 3.**

### Still-Life with Flowers

**10am-12pm, Saturday, March 8**

Paint a trio of miniature still-life flowers on art paper that you can then frame to decorate your home or office desk, as shelf toppers, or to give as gifts. Each is sized at 3.5"x2.5" on Bristol art paper using acrylic paints. No experience is necessary. You will be guided during every step of the painting process. Get your friends to sign up too! Supply fee: Please bring \$10 (cash only) as your supply fee upon arrival.

Instructor: Mona Arcega

\$35 social member | \$47 fitness & nonmember

**Register by March 5.**

### Watercolor and Ink Mindfulness Doodles

**1-3pm, Tuesday, March 11 OR**

**6:30-8:30pm, Tuesday, March 11**

Use free-form watercolor and ink pen to start your mindfulness doodles notebook. Taking a half-hour out of your day to doodle in your book is a great way to relieve stress and take a break from your busy day. This class is exploring mindfulness and does not teach watercolor technique. Materials for the class will be provided.

Artist: Julie Johns

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

**Register by March 7.**

### 125 LIVE Pottery Social

**5:30-6:30pm, Friday, March 14**

Please bring a snack to share while we talk pottery! 125 LIVE will provide drinks. **Free for 125 LIVE social members but sign up required.**

**Register by March 13.**

### Easy Watercolor Flowers

**1-3pm, Wednesday, March 19**

Sign up for this class to learn how to paint easy flowers using watercolors. We will work on techniques, learn brush strokes, and finish with knowledge. Please bring your own watercolor brush. See the attached supply list.

Instructor: Pennie Eisenbeis

\$25 social | \$36 fitness & nonmember

**Register by March 17.**

### Wavy Trinket Tray

**5:30-7pm Friday, March 21**

Create a stylish and functional handmade dish with an organic, wavy rim design. This workshop is perfect for beginners and experienced artists who want to explore hand-building techniques. Perfect for storing jewelry, keys, or trinkets.

Artist: Janelle Forsthoffer

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

**Register by March 19.**

### Egg-cellent Spoon Rest

**9:30-11am, Saturday, March 29**

Get cracking on a fun and whimsical project in this class where you'll hand-build your own scrambled egg spoon holder! This class will guide you through the steps to create a playful and practical piece that holds your spoons with style.

Artist: Anna Glenski-Kjose

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

**Register by March 27.**

## SOCIAL CLASSES

### Young at Heart Choir Meet and Greet

125 LIVE is thrilled to announce the return of the Young at Heart Choir!

**10-11am, Wednesday, February 5, 2025**

You are invited to meet our new choir leaders, Anthony Tedeschi and Blanche Hollerud, both of whom bring extensive musical expertise and a passion for creating an exciting future for the choir. **Past participants:** We look forward to reconnecting and having you back with the group. **New to Young at Heart?** Come and learn about this amazing choir and how you can join! Rehearsals will officially resume every Wednesday from 10–11:00am starting February 12. Don't miss this opportunity to meet the leaders, reconnect with fellow singers, and be part of the new energy and excitement for the Young at Heart Choir! **All are welcome to the meet and greet. No registration is required.**

### Valentine's Dinner and Dance

**6-8pm, Thursday, February 13**

Join fellow 125 LIVE members for an heartwarming evening of food, fun, music, and dancing. Open to all, partners are not required, however you can bring a friend or a special someone. We will start the evening with a buffet dinner of chicken with wild rice, au gratin potatoes, glazed carrots, salad, dinner rolls, beverages and dessert. After dinner, enjoy the lively music of a 125 LIVE favorite, and local band, The Rockin' Hep Cats. Whether you dance the night away, or sit and tap your feet to the music, this evening is for all. Just don't wait to long, space is limited.

\$15 social member | \$20 fitness member | \$25 nonmember

**Register by February 10.**

### 125 LIVE Pottery Studio Showcase

**4-7:00 pm, Friday, February 21**

Join Us for "A Night Out" at 125 LIVE Pottery Studio's Exhibition! Experience an exciting evening where art, creativity, and community come together. This year's theme, "A Night Out," offers a unique opportunity to immerse yourself in the vibrant works of local artists. Event Highlights:

Welcome Address: At 4:30 PM, Anna, our studio technician, will welcome guests, discuss the studio, and introduce the featured artists.

Studio Tours: Explore the creative space at your own pace with studio tours available throughout the night.

Artwork for Purchase: Take home a piece of inspiration, as some of the artwork will be available for purchase.

Relaxing Atmosphere: Enjoy drinks and light refreshments while connecting with fellow art enthusiasts.

**Continued next column—>**

### —>Pottery Studio Showcase continued...

\$10 per person (includes a glass of wine and light refreshments)

Register in advance or at the door.

Ticket sales support improvements to accessibility infrastructure at the studio, ensuring everyone can enjoy our artistic community.

Don't miss out on this wonderful evening of creativity and connection—get your tickets today!

### St. Patrick's Day Celebration and Lunch

**10-11:30am, Friday, March 14**

Come together for a delightful celebration in honor of St. Patrick's Day. The Caledonian Pipe Band will perform promptly at 10am followed by a traditional Irish lunch of corned beef, cabbage, potatoes, and carrots. Register early as this is a very popular event!

Free social member | \$20 fitness member | \$30 nonmembers

**Register by March 11.**

### Coffee with 125 LIVE Leadership

**11am-12pm, Monday, February 3**

Sit down for a friendly coffee chat with Robin and Jen! Discover:

- **Upcoming Events:** What's happening and how to get involved.

- **The New Program Guide:** Highlights and updates for the season.

**Social Membership Opportunities:** Explore the benefits and ways to connect.

We're excited to share what's in store and answer your questions!

### Winona State University Nursing Students

**Tuesdays, February 4- April 15**

**11 am-1pm**

Join us for a visit from the WSU team. You can receive complimentary blood pressure checks and hand massages and chat with students about various 5-minute educational topics. Explore informative pamphlets on health and wellness and take advantage of this opportunity to learn more about managing your blood pressure and overall health. **Free for 125 LIVE members. NO registration required.**

### Basics of West Coast Swing

**5:45-7pm, Tuesday, February 4-18**

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 member | \$59nonmember

**Register by February 3.**

## SOCIAL CLASSES

### Let's Discuss Mobility with Dr. Curran

**10-11am, Wednesday, February 5**

Welcome Dr. Curran to 125 LIVE. He will talk about mobility and how it applies to the cervical spine. Join this educational class to learn why mobility is important, how it benefits ourselves and our body systems.

Presenter: Dr. Levi Curran

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

**Register by February 4.**

### Travel Show with Collette Travel: Sunny Portugal and South Pacific Wonders

**10-11am, Wednesday, February 5**

Want to travel, but don't want the hassle of planning all the logistics and activities for the vacation? In this free informational session you will learn about upcoming travel opportunities to Portugal and Australia and New Zealand. During the show you will learn who Collette Travel is, what a guided tour is, and walk through the day by day of the trips that are being offered as well as how to sign up for your next vacation. Stop in to pick-up a trip flyer for more details! Free and open to the public.

**Register by February 4.**

### Senior Planet: Getting to Know Your Smartphone

**10-11:15am, Thursday, February 6**

Smartphones are full of useful features that can help you make the most of today's digital world. Although all smartphones vary based on their operating system, model, and brand, most of them share the same basic characteristics and function in similar ways. In this workshop, we'll cover some of the essential features and capabilities of your smartphone

Instructor: Vince Guerra

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

**Register by February 5.**

### Rochester Symphony Presents: The Sound of Fate

**2-3pm, Thursday, February 6**

Join Rochester Symphony conductor Chia-Hsuan Lin (pronounced jah-shwen), as she shares her insight into Tchaikovsky's Symphony No. 5. Learn about Tchaikovsky's battle with fate represented in the music and how he takes the listener on a heroic journey through an ominous beginning, a stirring middle, and victorious conclusion. 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.

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

**Register by February 5.**

### Basic Music Theory

**1-2pm, Thursdays, February 6 - March 13**

Have you ever wanted to learn to read music? What exactly is music? Here is your chance to learn basic music notation: notes, rests, time signatures, tempo, key signatures, scales, chords, intervals and expression.

Instructor: Julie Johns

\$60 social member | \$73 fitness & nonmember

**Register by February 4.**

### Rochester Clinic/Lotus Health Foundation Presents: Heart and Mind: The Vital Connection Between Heart Health and Brain Health

**10-11am, Monday, February 10**

In honor of American Heart Month, "Heart and Mind: The Vital Connection Between Heart Health and Brain Health" uncovers the powerful link between cardiovascular health and cognitive well-being. This presentation will introduce the role of insulin resistance as a risk factor for both heart disease and cognitive decline. Attendees will learn how lifestyle choices—especially whole food plant-based nutrition—can effectively reduce insulin resistance. With practical tips and insights, this session empowers participants to make choices that protect the heart, enhance brain function, and promote lasting wellness. A live cooking demonstration will showcase nutrient-packed recipes, that are satisfying meals that support lasting health and vitality.

Presenter: Rochester Clinic

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

**Register by February 9.**

### Castle Quilters Sale

**9-11am, February 10**

Come in and check out items the quilters have for sale for gifts, holidays, or a for yourself!

Free and open to the public

### Mayo Clinic Dietetic Talks: Enhancing Well-Being Through the Gut

**6-7pm, Monday, February 10**

Join Aya Elmir, Mayo Clinic dietetic intern, for an educational and engaging session on gut health and nutrition. Discover the vital role of the gut-brain connection and how gut health impacts digestion, immunity, and mental well-being. Aya will highlight the importance of balanced diet, fiber, probiotics, and probiotics, Free social member | \$5 fitness member | \$10 nonmember

**Register by February 9.**

## POTTERY AND ART CLASSES

### Beyond the Basics

**10am-12pm Saturdays, February 8, 15, 22, & March 1**

If you've completed 125's Beginning Wheel Pt. 1 & 2 (or equivalent) and want to learn more. If you can center, open and pull a nice cylinder or small bowl, however you'd like to pull taller, larger and thinner, then this class is for you!

During this course we will cover techniques to:

- pull taller while managing wall and rim thickness,
- use your hands and tools to shape your piece, texture, trim and foot.

- Time allowing, we will also cover glazing and the basics of making lids.

**Requirements:** The ability to center, open, and pull a cylinder 3-4 inches tall.

Instructor: Jeff Jones

\$125 social members | \$141 fitness & nonmembers

**Register by February 4.**

### Acrylic Painting: Wild Flowers in the Spring

**10-11:30am, Saturday, February 8**

Paint two scenes of springtime wildflowers on two 5x7-inch Bristol art paper. Materials are provided and you will be guided on how to paint every step of the way.

No experience is necessary.

Instructor: Mona Arcega

\$40 social members | \$52 fitness & nonmembers

**Register by February 6.**

fitness and nonmember

**Register by February 8.**

### Intro to Wheel Part II

**6-8pm, Tuesdays, February 11, 18, 25, and March 4**

This four-session class builds on Wheel Part 1. We will work on throwing mugs with handles, cover jars with lids and decorating pieces. You will be able to fire and keep some work. Materials included: 25lbs of clay. **Prerequisite: Intro to Wheel Part I.**

Instructor: Spencer R. Johannes

\$170 social members | \$188 fitness and nonmember

**Register by February 8.**

### Sweetheart's Valentines Date Night

**4:30-6pm, Saturday, February 15**

Join us for a romantic evening of wheel-throwing pottery in our 'Sweetheart Valentines Date Night' class, exclusively for couples! Whether you're beginners or experienced potters, all couples are welcome. Enjoy special Valentine-themed snacks and wine to make it a truly memorable evening of creativity and love. Reserve your spot for a unique date night experience!

Instructor: Anna Glenski-Kjose

\$45 social/ person | \$57 fitness & nonmembers/ person

**Register by February 12.**

### Ladies Mud & Wine

**10-11:30am, Sunday, February 16 OR**

**4:30-6pm, Saturday, March 1**

Indulge in creativity with our "Ladies Mud and Wine" pottery class! This beginner's throwing class is open to all levels. Join us for a fun and relaxed experience where you can get your hands dirty while enjoying some wine. Discover the joy of creating pottery from scratch with friends.

Instructor: Anna Glenski-Kjose

\$45 social | \$57 fitness & nonmembers

**Register by February 13 or February 25 respectively.**

### Lidded Jar Creation

**6-8pm, Thursday, February 20**

Discover the art of crafting functional and beautiful lidded jars in this engaging class! You'll learn hand-building techniques to create a custom jar with a perfectly fitting lid.

Instructor: Anna Glenski-Kjose

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

**Register by February 17.**

### Hard Cover Book Binding Class

**1-4pm, Wednesday, February 26**

Bookbinding is a lifelong learned skill. In this class, you will make a 5.5"x 5.5" book and learn to use the kettle stitch for bookbinding, and how to put the book together. You will take what you learn from this class and be able to make many more books to treasure. Supply list provided in your receipt.

Instructor: Pennie Eisenbeis

\$25 social member | \$36 fitness & nonmember

**Register by February 24.**

# February—March Events 2025

## SPECIALITY FITNESS CLASSES

### Seated Dance

11-11:45am | Friday, February 7

Seated dance class offers a fun and energizing way to move to music while remaining in a chair, making it accessible for all levels and abilities. It combines rhythmic exercises, stretching, and creative movements to improve flexibility, coordination, and overall well-being.

Instructor: Sue Postier

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

**Register by February 6.**

### Self-Love Affirmations & Meditation

11-11:45am, Friday, February 14

This self-love affirmation and meditation class is designed to help you cultivate a deeper connection with yourself through empowering affirmations and mindful practices. In a safe, supportive space, you'll learn to quiet the mind, release negative self-talk, and embrace your worth, fostering a sense of inner peace and confidence. Perfect for anyone seeking to strengthen their self-compassion and transform their mindset.

Free fitness member | \$10 social or nonmember

Instructor: Keiko

**Register by February 13.**

### Water Bootcamp

10am-10:50am, Mondays, March 3-24

This four-week class is in the warm water pool. Plan for circuits, aqua bikes, and resistant equipment/tools. Water Bootcamp combines aquatic exercises with strength training to build endurance, improve cardiovascular health, and tone muscles. Whether you're a beginner or experienced, this full-body workout leverages the resistance of water for an effective and low-impact training experience.

\$40 fitness member | \$45 social member | \$52 nonmember

**Register by March 2**

### Healthy Habits -Weight Loss

2-2:50pm, Tuesdays and Thursday, March 4-27

Designed to help you set realistic goals, stay motivated, and build lasting healthy habits. Workout with trainer, Kris, for 30 minutes and end with learning healthy habits, mindset, and ways to transform your life! You'll feel empowered to make sustainable changes and achieve your fitness goals.

Personal Trainer: Kris

\$60 fitness member | \$70 social member | \$75 nonmember

### Cardio Drumming-Saturday

10-10:45, Saturday, March 8

Join us for a fun morning working out with Jan, cardio drumming style! You must register for this class.

Free fitness members | \$10 social & nonmembers

Instructor: Jan Fritz

**Register by March 7.**

## POTTERY AND ART CLASSES

### Intro to Wheel Part I

10am-12pm, Tuesdays, February 4, 11, 18, 25

This four-week class covers basic wheel-throwing techniques. The studio provides practice clay for your use. All tools are included in the class fee. This class is about learning to throw. Most pots will be cut in half to evaluate. No prior experience is required.

Instructor: Tom Sandoe

\$100 social members | \$115 fitness & nonmembers

**Register by February 3.**

### Acrylic Painting: Wild Flowers in the Spring

1:30-3pm, Wednesday, February 5

Paint two scenes of springtime wildflowers on two 5x7-inch Bristol art paper. Materials are provided and you will be guided on how to paint every step of the way. No experience is necessary.

Instructor: Mona Arcega

\$40 social member | \$52 fitness & nonmember

**Register by February 3.**

### Intro to Wheel Part I

5:30-7:30pm, Wednesdays, February 5, 12, 19, 26

This four-week class covers basic wheel-throwing techniques. The studio provides practice clay for your use. All tools are included in the class fee. This class is about learning to throw. Most pots will be cut in half to evaluate. You will work on centering and throwing cylinders, bowls, and bottles. No prior experience is required.

Instructor: Carolyn Real

\$100 social member | \$115 fitness & nonmember

**Register by February 3.**

### Valentine Gnome

5:30pm-7pm Thursday, February 6

Create an adorable, hand-built clay gnome with a charming Valentine theme. This class combines fun, creativity, and hands-on learning, making it ideal for beginners looking to make a unique holiday keepsake.

Artist: Janelle Forsthoffer

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

**Register by February 3.**

# February – March Events 2025

## SOCIAL CLASSES

### Art Reception

5:30-6:30pm, Monday, February 10

Join us to learn about the artists currently exhibiting at 125 LIVE. Our art Gallery Curator, Beth Sievers, will give a short presentation at 5:45 p.m., followed by a self-guided tour of the artists' work. Light refreshments will be provided. Free and open to the public.

**Register by February 9.**

### What's The Difference? Condos, Townhomes and Cooperatives

10-11am, Tuesday, February 11

As you age, your housing needs may change due to mobility, finances, or health concerns. It's important to understand the different types of housing options available so you can make an informed decision before any situation forces you to move. By attending this class, you will gain insight into condos, townhomes and cooperatives helping you make the best choice based on your needs and preferences as you age.

Instructor: Jim Miner

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

**Register by February 10.**

### Rochester Garden and Flower Club- Flowers & Plants for Part Sun & Part Shade Areas

1-2pm, Tuesday, February 11

Are you struggling with part sun or part shade areas in your garden? Many gardeners assume hostas are the only plants suited for these areas, but there's a wealth of beautiful and vibrant plants, both with and without flowers, that thrive in shadier conditions. Join Jean in this insightful presentation, where she'll introduce you to a wide variety of plants that flourish in part sun and part shade, perfect for creating gardens full of color and life. Whether you're looking to brighten your space with flowers or add lush, leafy greenery, you'll leave with the knowledge to make your garden bold and beautiful this spring!

Presenter: Jean Meyer, RGFC Member

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

**Register by February 10.**

### Forté Open House

11am-1pm, Tuesday, February 11

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 February 10.**

### Build Mental Strength - Play Online Games

11-12:15 am, Wednesday, February 12

Dive into the world of online games and unlock the secrets to keeping your mind sharp! This introductory class is designed to guide you through the basics of stimulating cognitive activities utilizing your phone or tablet. Whether you want to improve memory, boost problem-solving skills, or enjoy engaging in mental challenges, this is the perfect starting point. No prior experience is necessary—bring your fully charged Smartphone or tablet, your curiosity, and your willingness to learn!

Instructor: Mary Haugen and Cheryl Thode

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

**Register by February 11.**

### How To Get The Most Out of Your Next Medical Encounter. Proven Insight and Tips for Well-being

1-2pm, Wednesday, February 12

Dr. Ed Creagan, professor of Clinical Oncology at Mayo Clinic, and board-certified in hospice and palliative medicine, will share with us three proven methods to interact with our healthcare provider. This is one presentation you cannot afford to miss.

**Register by February 11.**

### CRC Presents: Introduction to Windows 11

11am-12pm, Thursday February 13

In this course, we'll dive into the exciting features and functionalities of Microsoft's latest operating system. Whether you're new to Windows or upgrading from a previous version, this class is designed to help you navigate Windows 11 with confidence.

Instructor: Vince Guerra

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

**Register by February 12.**

### Introduction to Pickleball

12:30-1:30pm, February 17, 18, 19, 20

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 February 14.**

# February—March Events 2025

## SOCIAL CLASSES

### Senior Planet: Intro to Smartphone Photography 11am-12pm, Tuesday, February 18

Interested in learning more about your smartphone camera? We'll discuss common camera icons on Android and iPhone devices, simple editing tools, managing and sharing your photos, and editing date and location details on your phone. We'll also go over how to check your camera settings so that it can scan QR codes.  
\$5 social member | \$10 fitness member | \$20 nonmember  
Instructor: Mary Haugen and Jim Anderson  
**Register by February 17.**

### Pottery Studio Sale @ the Marketing Table 5:30am-6pm, Wednesday, February 19

The artists from the pottery studio are eager to share their pottery with everyone. Stop by the marketing table to see what they have created. All handcrafted by 125 LIVE members, pottery makes great gifts for the upcoming holiday season, or take it home and enjoy unique pottery pieces yourself. All funds from pottery sales will go into purchasing wish list items for the pottery studio. Free and open to the public

### Our Old Money: Coins and Currency

9:30–10:00am: Meet and Greet

10-11:00am: Presentation

Wednesday, February 19

Join Gary Kruesel for an engaging and enjoyable session exploring fascinating coins and paper currency. You'll uncover little-known facts about money and reminisce about years past. Feel free to bring any coins or old currency you have—Gary will be happy to chat about them!

Free social member | \$5 fitness member | \$10 nonmember  
**Register by February 18.**

### Tech Talk with T-Mobile

11am-1pm, Wednesday, February 19

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 February 18.**

### Senior Planet Workshop: Staying Safe Online 11am-12pm, Thursday, February 20

This hands-on workshop reviews important tips for keeping your personal information safe while enjoying the benefits of the internet. Learn how to recognize suspicious emails, tips for safe browsing, and best practices for shopping online.

Trainer: Vince Guerra

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

**Register by February 19.**

### Community Talks with Representative Kim Hicks District 25A

11:30am-12:30pm, Friday, February 21

Join Minnesota House of Representative Kim Hicks District 25A to discuss topics relevant to 125 LIVE members and the Rochester community. Learn about your community, ask questions on issues, and share your input and your ideas. Stop by the gathering place to visit with your representative.

**Free for 125 LIVE members | \$10 nonmember**

### Saturday Member Brunch and New Member Welcome

11:30am-12:30pm, Saturday, February 22

Enjoy a brunch buffet while meeting new members and socializing. Brunch served promptly from 11:30am-12pm.

Free for new members who joined in January.

Free social member | \$10 fitness member | \$15 nonmember

**Register by February 19 at noon.**

### The Ins and Outs of Homeowners Associations

10-11am, Saturday, February 22

Homeowners Associations are part of buying a townhouse, condo or cooperative. Learn about how homeowner associations work, and all the details to consider when deciding to move.

Instructor: Jim Miner

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

**Register by February 21.**

### All Reds Wine Tasting

3:30-5pm, Saturday, February 22

We will be exploring grape varieties from around the world. Red wine production methods can vary around the world leading to particular tastes and styles. We will also touch on important things to look for on a wine label with purchasing at the store. **Wine only served to 21+ with ID.**

Instructor: Autumn Gilliam

\$25 social member | \$36 fitness & nonmember

**Register by February 17.**

# February—March Events 2025

## SOCIAL CLASSES

### Olmsted Medical Center Presents: Above All Else, Guard Your Heart

11am-12pm, Tuesday, February 25

Because your life flows from it... Literally! Do you know that every half a minute that goes by, 1 person in the United States dies from heart disease (also known as coronary artery disease)? Not surprisingly, it continues to be the largest cause of mortality in the nation. Nonetheless, it is possible to prevent development or worsening of heart disease, through the combined efforts of yourself and your medical team! If you are interested in this important goal, this talk is for you!

Presenter: Dr. Jorges Brenes Salazar, MD

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

**Register by February 24.**

### Senior Planet: Sharing Photos with a Smartphone

11-12:15 pm, Tuesday, February 25

In this hands-on workshop, you will practice sharing photos with a smartphone in several ways. Learn to share photos via text messages and email directly from your phone. The workshop will also cover sharing photos on social media apps like Facebook and X.

Bring Your smartphone fully charged. A Wi-fi connection will be provided to access the internet. Workshop materials will include instructions for iPhones and Android phones.

Instructor: Chelsie Gaspar

**Register by February 24.**

### UMR Occupational Therapy Presents: Adaptive Gardening

10-10:45 am, Thursday, February 27

10:45-11:45 drop-in hands on assessments

U of M Occupational Therapy students will provide tips on how to continue to enjoy gardening despite experiencing changes in energy, difficulty reaching, or increased joint pain. Following the 45-minute presentation, there will be a 1-hour drop-in period where members can swing by to try adaptive equipment.

Free social members | \$5 fitness member | \$10 nonmember  
**Register by February 26.**

### Senior Planet— Protecting Your Personal Information Online

Noon-1:15pm, Thursday, February 27

Learn the ins and outs of protecting your personal information online. Tips for staying safe in cyberspace include creating strong passwords, managing spam, recognizing email and text scams, and knowing when sharing your personal information online is OK

Trainer: Jim Anderson

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

**Register by February 26.**

### Senior Planet: Streaming and Smart TV's 10-11:15am, Thursday, March 6

Smartphones are full of useful features that can help you make the most of today's digital world. In this workshop, we'll cover some of the essential features and capabilities of your smartphone

Instructor: Vince Guerra

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

**Register by March 5.**

### UMR Occupational Therapy Presents: Adaptive Meal Prep

10-10:45 am, Thursday, March 6

10:45-11:45 drop-in

U of M Occupational Therapy students will provide tips on how to adapt and modify prepping food for those with limited energy, difficulty reaching, changes to vision, or joint pain. Following the 45-minute presentation will be a 1-hour drop-in period where members can swing by to trial adaptive equipment, get a free screen/assessment, and share tips/tricks from their own experience.

Free social member | \$5 Fitness members | \$10 nonmember

**Register by March 5.**

### Mayo Clinic Dietetic Talks: Nutrition and Heart Health 6-7pm, Monday, March 10

In this session, Melissa Gess, Mayo Clinic Dietetic intern, will explore how to care for your heart through healthy eating habits. Learn practical tips to help prevent or manage cardiovascular disease by making heart-healthy choices in your daily diet.

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

**Register by March 9.**

### Basics of West Coast Swing

5:45-7pm, Tuesday, March 11-25

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 member | \$59 nonmember

**Register by March 10.**

### Mayo Clinic Dietetic Talks: Nutrition and Heart Health 6-7pm, Monday, March 10

In this session, Melissa Gess, Mayo Clinic Dietetic intern, will explore how to care for your heart through healthy eating habits. Learn practical tips to help prevent or manage cardiovascular disease by making heart-healthy choices in your daily diet.

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

**Register by March 9.**