

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, April 10 & 24

Family History Club

2-4pm, 2nd Wednesday, April 9

Ham Radio Club

2-3pm, 3rd Tuesday, April 15

Knit and Crochet

12:30-2:30pm, Mondays

12:30-2:30pm, Tuesdays

11:30am-1:30pm, Fridays

Photographic Post Processing & Editing

2:00- 4:00pm, 1st and 3rd Thursday, April 3 & 17

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, April 10

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, April 1 & 15

12-1pm: Learn the steps to square dancing

1-3pm: Square dance calling

Walking Club

11am-12pm, Tuesdays and Thursdays

Free and open to the public. No registration. Weather permitting.

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, April 3

5-6:30pm, 3rd Thursday, April 17

Free and open to the public.

NEW-Early Stage Support Group for Those Living with MCI/Early stages of Dementia

12-1pm, 1st Thursday of each month, April 3

9-10am, 1st Friday of each month, April 4

Early stage support group for those living with MCI/Early stages of dementia. A pre-screening is required to join this group, please call the Alzheimer's Association at 1.800.272.3900 to complete.

Free and open to the public | No Registration Required

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 April 1 & 15

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.

Cancer Support Group at 125 LIVE

10-11am, 2nd Wednesday, April 9

5:15-6:15pm, 3rd Monday, April 21

Free and open to the public.

Grief Support Group

2:30-4pm, 1st and 3rd Thursday, April 3 & 17

Free and open to the public.

Parkinson's Support Group

1:30-3:30pm, 3rd Thursday, April 17

Free and open to the public.

Social Activities

These activities are free for social members

Updated 3/27/2025

Cards and Games

Billiards Room: Open during building hours

Bingo Tuesdays

11-11:45am, Tuesdays, April 1, 8, 15, 22, 29

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, April 7

Join Miranda and Ken for an informative discussion covering a variety of topics, including the benefits of compression therapy, personal training packages, small group training options, and the purpose behind specialty and fee-based classes. They will share insights into how these offerings are designed to enhance your experience and support your health and fitness goals. This is a great opportunity to ask questions, learn more about available services, and explore how 125 LIVE continues to evolve to meet the needs of its members.

Cops and Coffee

11am-12pm, 3rd Thursday, April 17

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, April 25

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.

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

April 7: Doug with Visiting Angels. Sponsored by Visiting Angels

April 14: Open discussion led by members

April 21: How do I start traveling? Led by Amy Eisinger

April 28: Sylwia Bujak Oliver- 125 LIVE Executive Director will talk about growing up in Poland.

Music

Friday Concerts

10:30-11:30 am, Fridays

April 4 : Preserves

April 11: Roch Bottomn

April 18: Becca Tesch

April 25: Roch Bottomn

Music Jam Session

1-3pm, Wednesdays

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

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