



POTTERY AND ART CLASSES

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.

Multi-Generational- Spring Break Pottery Mini Sessions (Price is per Pair- Price is per Class - Age 5 & up)

Fishy Fun 5:30-6:30pm, Monday, March 31

Silly Monsters 4-5pm, Tuesday, April 1

Royalty Dish 9:30-10:30am, Wednesday, April 2

Paws and Plates 1-2pm, Thursday, April 3

125 LIVE wants to invite you to enjoy some mini clay classes over spring break. Each class will be an hour long, you will be making and painting. Come take just one or sign up for all! These classes are designed for an adult and child to take together but all is welcome.

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

Fishy Fun register by March 28.

Silly Monsters register by March 29.

Royalty Dish register by March 29.

Paws and Plates register by March 30.

Multi-Generational Spring Break Youth Wheel

12:30-2pm, Tuesday, April 1

(Price is per Pair- Age 13 and above)

Spin into creativity this spring break with our Youth Wheel class designed for teens 13 and up! This hands-on pottery class offers a fun introduction to the potter's wheel, where you'll learn the basics of throwing and shaping clay. Whether you're a beginner or have some experience, this class is the perfect way to explore your artistic side and create unique pottery pieces.

Instructor: Anna Glenski Kjose

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

Register by March 28.

Asian Brush Painting: Beginner and Continuing

2:30-4:30pm, Mondays, April 7, 14, 21, 28

When executed with masterful technique, a single ink brushstroke conveys vitality, delicacy, and contemplation - the essence of Chinese philosophy and spirit. The "life force" or chi that an artist aspires to capture and express is through brush painting.

Instructor: Catherine Park

If you do not have the following materials, bring \$25 to the first day of class - a 3-brush set, an ink bottle, and rice paper.

\$61 social member | \$91 fitness & nonmember

Register by April 4.

Fairy House

6-8pm, Wednesday, April 9 & 23 **OR**

1-3pm, Thursday, April 10 & 24

Get ready for spring by inviting the fairies into your garden. Decorate it with flowers, butterflies, and hearts to attract their attention. This is a hand building class that meets in 2 sessions. You'll be creating a fairy house in clay in session one. You will be glazing your fairy house in session two. You will be able to pick it up after it's fired.

Instructor: Carolyn Real

\$65 social member | \$78 fitness & nonmember

Register by April 7 for either class.

SOCIAL CLASSES

Member Happy Hour and New Member Welcome

4:30-6pm, Friday, March 21

Mark your calendars and meet new and familiar faces at 125 LIVE. Enjoy a fun-filled evening with games, appetizers, and beverages. Whether you're new to the community or a long-time member, it's the perfect chance to connect and see what our Happy Hour is all about!

Free for new members who joined in February

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

Register by March 19.

125 LIVE Pickleball Open House

1:30-3:30pm, Wednesday, April 2

Join us for an afternoon of pickleball fun! Experience the excitement of pickleball at 125 LIVE's Pickleball Open House! Enjoy light refreshments with a pickleball twist, open play, and fun skill challenges to test your game. Plus, meet the 125 LIVE Pickleball Mascot and connect with fellow players of all levels. Whether you're a seasoned pro or brand new to the game, this is the perfect chance to learn, play, and have fun. **No registration required.**

Free for 125 LIVE Members

125 LIVE Showcase

6-8 Friday, April 11

Get ready for an unforgettable evening celebrating the vibrant spirit of 125 LIVE! Step into the spotlight with us as we present a one-of-a-kind, runway-inspired fashion show that dazzles with creativity, style, and flair. Watch as the stage comes alive with the energy of our incredible members, groups, sponsors, and friends—each model bringing their own unique charm to the catwalk showcasing the diversity of 125 LIVE. Enjoy an atmosphere filled with dazzling lights, lively entertainment, and the warmth of community. Sip on refreshing drinks, savor light bites, and let the magic of 125 LIVE inspire you. This is more than a showcase—it's a celebration of who we are!

***Entrance Fee: \$5 or a larger donation. ** Support a Cause: All donations help fund future 125 LIVE activities and events like this one.

Registration requested by April 8 to help plan for refreshments.

Winona State University Nursing Students

11am-1pm, Tuesdays, March 4- April 15

Join us for a visit from the WSU team. You can receive complimentary blood pressure checks, 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.**

CRC Presents: Cloud Storage

11am-12pm, Thursday March 13

In this hands-on class, you'll learn all about cloud storage and how it can help you securely store, organize, and access your important files from anywhere. Whether you have photos, documents, or videos you'd like to keep safe, this course will guide you through the basics of cloud storage and show you how to use popular services like Google Drive, Dropbox, and iCloud.

Instructor: Vince Guerra

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

Register by March 12.

Rochester Symphony Presents: The Last Romantics 2-3pm Thursday, March 13, 2025

Join Rochester Symphony conductor Chia-Hsuan Lin (pronounced jah-shwen) and special guest, concert pianist Andrew Staupe, as they present insight into the show-stopping melodies and distinct sound of Russian Romantic era composers. Staupe, a Rochester Symphony audience favorite who will perform Rachmaninoff's Piano Concerto No. 2 in concert March 15th, will share a demonstration at the piano. 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 March 12.

Senior Planet - Getting to Know Your Smartphone 11am-12pm, Tuesday, March 18

Explore some of the smartphones' common features. You'll learn ways to interact with the touch screen, access important controls, and search for specific settings. We'll cover tips and best practices for securing and maintaining your device. Please bring your smartphone to class. We will focus on specific common smartphone features and not cover every smartphone question.

Instructor: Chelsie Gaspar

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

Register by March 17.

SOCIAL CLASSES

Introduction to Medicare

12:30-1:30pm, Tuesday, March 18

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 interested in learning about Medicare Supplemental Insurance, Medicare Advantage Plans, and Medicare Prescription Drug Plans.

Presenter: John Kelly

Free for 125 LIVE members. Registration requested.

Register by March 17.

Introduction to Pickleball

1-2pm, Tuesday & Thursday, March 18, 20, 25, 27

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 March 17.

Pickleball 2.0

2-3pm, Tuesday & Thursday, March 18, 20, 25, 27

This is a beginner to intermediate class for individuals who understand the rules and scoring and have played several pickleball games. We will focus on developing and practicing specific shots such as serves, returns, dinking, and third-shot drops. The class will also include practical game situations and strategies.

Instructor: Angie Tauscher

\$75 125 LIVE member | \$89 nonmember

Register by March 17.

Muscle Loss Prevention and You

10-11am, Wednesday, March 19

Join Dr. Nate Skare to learn simple strategies and exercises for preventing age-related muscle loss, known as sarcopenia. After the age of 50, you lose approximately 2 percent of muscle fibers each year, leading to a higher risk of osteoarthritis, heart disease, stroke, diabetes, hypertension, cognitive decline, and cancer. Discover practical ways to counteract this decline, emphasizing exercises to strengthen the hips and prevent hip arthritis.

Presenter: Dr. Nate Skare

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

Register by March 18.

Our Old Money: Coins and Currency

9:30-10:00 AM: Meet and Greet

10:00-11:00 AM: Presentation

Wednesday, March 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 March 18.

UMR Occupational Therapy Presents: Accessibility for Technology

10-10:45 am, Thursday, March 20

10:45-11:45 drop in

U of M Occupational Therapy students will provide tips on maximizing the use of your iPhone/Android phone and iPad despite changes to vision, hearing, cognition, or joint pain. Following the 45-minute presentation, there will be a one-hour drop-in period during which members can swing by to work with a student one-on-one to modify their personal device, get a free screen/assessment, and share tips/tricks from their own experience.

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

Register by March 19.

Senior Planet: Intro to Chatting with A.I.

11am-12pm, Thursday, March 20

In this beginner-friendly class, you'll discover the exciting world of artificial intelligence (AI) and learn how to interact with AI-powered tools and virtual assistants like ChatGPT, Siri, and Google Assistant. Whether you're curious about how AI works or simply want to chat with these tools more effectively, this class will walk you through everything you need to know.

Trainer: Vince Guerra

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

Register by March 19.

POTTERY AND ART CLASSES

Asian Brush Painting: Beginner and Continuing

2:30-4:30pm, Mondays, March 3, 10, 17, 24

When executed with masterful technique, a single ink brushstroke conveys vitality, delicacy, and contemplation - the essence of Chinese philosophy and spirit. The "life force" or chi that an artist aspires to capture and express is through brush painting.

Instructor: Catherine Park

If you do not have the following materials, bring \$25 to the first day of class - a 3-brush set, an ink bottle, and rice paper.

\$61 social member | \$91 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 member | \$188 fitness & 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. You will be guided during every step of the painting process. 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.

Sea Creatures Greeting Cards

10am-12noon, Saturday, March 15

Give yourself permission to create! Learn the basics of watercolor painting through step-by-step instruction, and leave the event with two themed greeting cards. This opportunity to connect with others is a lighthearted workshop designed to help you explore your creative side. Sign up today!

Instructor: Nicole Hanson

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

Register by March 13.

Intro to Wheel Part I

6pm-8pm, Tuesdays, March 18 - April 8

This four-week class covers basic wheel-throwing techniques. The studio provides unlimited 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: Spencer R. Johannes

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

Register by March 15.

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. Supplies provided.

Instructor: Pennie Eisenbeis

\$25 social member | \$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.

SOCIAL CLASSES

SPECIALTY FITNESS CLASSES

Irish Dance

2:30pm-3:30pm, Wednesday, March 12

Are you ready for St. Patty's Day? You will be if you join in on the fun! Learn some basic Irish steps and dance formations. Irish social dance, also called "Ceili", is a living tradition, and variations in particular dances are found across the Irish dance community. Come in with friends and family and enjoy some Irish dancing & music! Free fitness members | \$10 social & nonmembers

Instructor: Avin

Register by March 11.

Hoedown Line Dance Party

6:30-7:30pm, Friday, March 28

Get ready to dance the night away at our *Hoedown Line Dance Party!* Whether you're a first-timer or a seasoned dancer, this high-energy class will teach you fun, easy-to-follow line dances set to your favorite country hits. No partner required—just bring your boots, your energy, and get ready to dress up and have a blast! 45-minutes of Line Dancing followed by snacks and drinks!

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

Instructor: Jan Fritz

Register by March 27.

Kendo Demo (Sword fighting demonstration)

11-1:50am, Tuesday, April 1

A kendo demonstration showcases the traditional Japanese martial art of swordsmanship, highlighting the precision, speed, and discipline of practitioners. During the demo, skilled practitioners perform pre-arranged kata (forms) and spirited sparring matches, emphasizing techniques like strikes, parries, and footwork. The event is a captivating display of respect, focus, and athleticism, reflecting the deep cultural heritage of kendo.

30-minute demo followed by Q&A.

Instructor: Yuko

Free fitness member | Fitness members only

Register by March 31.

BOSU Bootcamp

4:30-5:15pm, Thursday, April 3- May 22

This high-energy Bosu Bootcamp class combines cardio, strength training, and balance exercises using the Bosu ball. Expect full-body workouts that improve stability, endurance, and coordination, all while burning calories and building muscle. **Class includes floor work.**

\$30 fitness member | \$45 social & nonmember

Trainer: Erika

Register by April 2.

SOCIAL CLASSES

The 411 on 911 - Emergency Assistance

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

The first 911 call in Minnesota was in 1968. Technology has changed a little since then. A quick overview of when to call 911 or when to call the non-emergency lines. Learn more about the emergency services available in our city and county.

Presenter: Rochester Emergency Communications Center.

Free 125 LIVE members. **No registration required.**

Introduction to Medicare with Prime Time Health Advisors

12-1pm, Friday, March 21

Do you have questions about Medicare? Whether you are already on Medicare and just looking for a refresher, or if Medicare will be new, 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 125 LIVE members. Registration requested.

Register by March 20.

Selling Your Home in 2025

10-11am, Saturday, March 22

You have decided to sell your home but are looking for information on how to do that successfully. Join Jim for his class to gain valuable information on what to consider when selling your home.

Instructor: Jim Miner

Free social member | \$5 fitness member | \$10 non-member

Register by March 21.

Side by Side Wine Tasting

3:30-5pm, Saturday, March 22nd

Autumn Gilliam, Wine Educator, will lead a class on comparative wine tasting. We will taste flights of different varieties to gain an understanding of how these varieties can taste different depending on where they are produced.

Wine only served to 21+ with ID.

Instructor: Autumn Gilliam

\$30 social | \$41 fitness & nonmembers

Register by March 17.

POOL Party with WHW Physical Therapy

9-10:30am, Monday, March 24

Join us for a fun and refreshing morning in the pool with WHW Physical Therapy!

- **9am** – Open pool time & light refreshments

- **9:30-10:00am** – Gentle Mobility Class with

Hannah Borup, PT, DPT, NCS

- **10:00-10:30 AM** – Free water movement & Q&A with Hannah in the pool. This is a great opportunity to improve mobility, enjoy the water, and connect with a skilled physical therapist. Don't miss out—come ready to move, learn, and have fun!

Free for 125 LIVE members. **No registration required.**

Senior Planet: Smartphone Camera Uses Beyond Photography

11am-12:15pm, Tuesday, March 25

Join us to learn about additional ways you can use your smartphone's camera beyond photography! We'll explore a variety of fun and useful features made possible by apps, such as scanning QR codes, translating text, measuring objects, and even using augmented reality. We'll also cover considerations for choosing apps and reviewing their privacy and data practices.

Trainer: Mary Haugen

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

Register by March 24.

Olmsted Medical Center Presents: Tips and Tricks for Healthy Eating

11am-12pm, Tuesday, March 25

My name is Alexis Vanderlinde, and I have four years of experience in nutrition counseling. I am dedicated to providing evidence-based nutrition counseling to individuals, helping them build healthy, sustainable lifestyles. I work with a variety of patients, addressing concerns such as weight management, blood pressure and cholesterol management, food allergies, and diabetes. I am passionate about translating complex nutrition science into practical, actionable advice. As a dietitian, I empower patients to make informed food choices and achieve their long-term health goals. The basics of healthy eating, including identification of healthy versus unhealthy eating and tips on choosing a nutritious healthy lifestyle will be discussed.

Presenter: Alexis Vanderlinde, RD

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

Register by March 24.

March-April Events 2025

SOCIAL CLASSES

Simplify Your Life...The Downsizing Process

12-1pm, Wednesday, March 26

Downsizing exercises and ideas to make your next move quick and easy. Questions to ask yourself, suggestions on where to bring your unwanted items, preferred contractors that can help save money on your next move are just some of the expertise that will be imparted in this class. The techniques will help you through the consuming and emotional process of simplifying your home.

Presenters: Laurie Mangen, Keller Williams and Jonah Van Proosdy, A Smooth Move

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

Register by March 25.

Healthy Hearing & Untreated Hearing Loss

10-11am, Thursday, March 27

We will be discussing the negative effects of non-treated hearing loss and how it increases risks of dementia and loss of brain function. The presentation will show how we measure one's hearing abilities and determine how well a hearing instrument will help the patient, as well as, how not treating the loss can be detrimental.

Presenter: Paul Schneider, HearingLife

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

Register by March 26.

Tech Talk with T-Mobile

11:30 am-1:30 pm, Thursday, March 27

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

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

Register by March 26.

UMR Occupational Therapy Presents: Adaptive Pet Care

10-10:45am, Thursday, March 27

10:45-11:45 drop-in

U of M Occupational Therapy students will provide tips on successfully caring for your pet despite changes to vision, ability to reach, or joint pain. Following the 45-minute presentation will be a 1-hour drop-in period where members are welcome to swing by and trial adaptive equipment, get a free screen/assessment, and share tips/tricks from their own experience.

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

Register by March 26.

Basics of West Coast Swing

5:45-7p m, Tuesday, April 1-22

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!

\$65 social and fitness members | \$78 nonmembers

Register by March 31.

AARP Driver Safety

9am-1pm, Wednesday, April 2

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 March 31.

Let's Discuss Mobility with Dr. Curran

10-11am, Wednesday, April 2

Welcome Dr. Curran to 125 LIVE. He will talk about mobility and how it applies to different body parts. 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 April 1.

The Music and History of CCR and John Fogerty

10am-12pm, Thursday, April 3

Join Paul as he uses music, lyrics, and photos to tell the story of Creedence Clearwater Revival. You'll trace their career and music from the late 1960s to the present. CCR was one of the most recognizable bands in the late 60s and early 70s. Following a dramatic breakup in the early 70s, John Fogerty went on to have a successful solo career that is still going strong.

Presenter: Paul Koeller, Member

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

Register by April 2.

March-April Events 2025

SOCIAL CLASSES

Senior Planet: Listening to Podcasts

11am-12pm, Thursday, April 3rd

This class is designed to introduce seniors to the world of podcasts, offering a fun and engaging way to explore a variety of topics, from history and storytelling to health and entertainment. Participants will learn how to find, subscribe to, and listen to podcasts on their devices. The class will also provide recommendations for shows that cater to diverse interests and promote lifelong learning, all while fostering a sense of community as seniors share their favorite episodes and discover new content together.

Trainer: Vince Guerra

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

Register by April 2.

Coffee with 125 LIVE Leadership

11am-12pm, Monday, April 7

Sit down with Miranda and Katy to learn what is new and happening with fitness at 125 LIVE. We're here to answer your questions and share what's on the horizon. Free for 125 LIVE members. No registration required.

Art Reception

5:30-6:30pm, Monday, April 7

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 April 6.

Forté Open House

11am-1pm, Tuesday, April 8

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 April 7.

New Rules in Real Estate

10-11am, Tuesday, April 8

Most people will buy or sell residential property sometime in their life. Did you know 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. Attend this class before talking to a real estate agent.

Instructor: Jim Miner

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

Register by April 7.