

# 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, March 13 & 27

### Family History Club

2-4pm, 2nd Wednesday, March 12

### Ham Radio Club

2-3pm, 3rd Tuesday, March 18

**TOPIC-** National Weather Service storm spotting program in Olmsted County for ham radio operators. This is open to anyone interested in severe weather conditions and how we report severe weather to the NWS La Crosse office.

### 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, March 6 & 20

### 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, March 13

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, March 4 & 18

12-1pm: Learn the steps to square dancing

1-3pm: Square dance calling

### Walking Club

11am-12pm, Tuesday and Thursdays

Starting Tuesday, March 18. 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, March 6

5-6:30pm, 3rd Thursday, March 20

Free and open to the public.

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

12-1pm, 1<sup>st</sup> Thursday of each month, March 6

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 March 18 only

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, March 12

5:15-6:15pm, 3rd Monday, March 17

Free and open to the public.

### Grief Support Group

2:30-4pm, 1st and 3rd Thursday, March 6 & 20

Free and open to the public.

### Parkinson's Support Group

1:30-3:30pm, 3rd Thursday, March 20

Free and open to the public.

# Social Activities

These activities are free for social members

Updated 2/27/2025

## Cards and Games

**Billiards Room:** Open during building hours

### Bingo Tuesdays

11-11:45am, Tuesdays, March 4, 11, 18, 25

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, March 3

Join Alex and Mary for a casual chat over coffee! Learn all about:

- **Online Registration:** How to easily sign up for programs and events.
- **Review the start of 2025:** memberships, operational updates, and policy changes.

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

### Cops and Coffee

11am-12pm, 3rd Thursday, March 20

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, March 28

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

**March 3:** Discussion about aging at home-Doug with Visiting Angels and Andrea with CAPS. Sponsored by Visiting Angels

**March 10:** Open discussion led by members

**March 17:** Banking Option led by members

**March 24:** Mayo Clinic Ambulance

**March 31:** Open discussion led by members

## Music

### Friday Concerts

10:30-11:30 am, Fridays

March 7: Preserves

March 14: No Friday Concert - **Special Event: Caledonian Pipe Band- Currently full.**

March 21: Becca Tesch

March 28: 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