



POTTERY AND ART CLASSES

Swirl Bowl

**5:30-7:30pm, Wednesday, April 30 OR
9-11am, Saturday, May 3**

Join us for a fun and creative class where you'll hand-build a chip bowl! In this session, you'll learn techniques to shape and swirl clay, resulting in a one-of-a-kind bowl perfect for serving snacks or displaying on your table. All skill levels are welcome, and materials will be provided. Enjoy a relaxing time and leave with a personalized piece to brighten your home!

Artist: Anna Glenski-Kjose

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

Register by April 28 or May 1 respectively.

Small Colander

6-8pm, Thursday, May 1

Get ready for the coming summer produce. Whether you're rinsing off berries, or cleaning veggies, this small colander will come in handy for many uses in the kitchen. It goes directly from the sink to the table. Your piece will be glazed and ready to pick up at a later date.

Instructor: Carolyn Real

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

Register by April 28.

Endless Summer Glazed Plate

6-9pm, Friday, May 2

Grab your bestie and join us for a fun evening at the 125 LIVE Pottery Studio, where you'll create a unique ocean-inspired plate! In this class, you'll learn how to glaze your very own 'Endless Summer' plate. No experience is needed—the plate will be pre-thrown by the instructor, and you get to handle the glazing. Come for the creativity, stay for the fun!

Instructor: Pam Halvorsen

\$35 member | \$47 fitness & nonmember

Register by April 30.

Intro to Wheel Part II

10am-12pm, Mondays, May 5, 12, 19, June 2 (No class May 26)

This four-week class builds on Wheel Part I. 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: Tom Sandoe

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

Register by May 4.

Asian Brush Painting: Beginner and Continuing

2:30-4:30pm, Mondays, May 5, 12, 19, and June 2 (No class May 26)

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 May 2.

Rectangular Platter

**5:30-7:30pm, Wednesday, May 7 OR
1-3pm, Thursday, May 8**

Rectangular platters are great for corralling all those items on the bathroom counter into one place. Use it as a serving dish in the kitchen, a place to charge all your electronics or a key dish. Your platter will be glazed and ready to pick up at a later date.

Instructor: Carolyn Real

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

Register by May 5 respectively.

Sunflower Napkin Holder

7-8:30pm, Thursday, May 8

Brighten up your dining table with a touch of sunshine! In our "Sunflower Napkin Holder" class, you'll craft your very own charming napkin holder shaped like vibrant sunflowers. Dive into the fun of sculpting and decorating clay to create a piece that's both functional and full of cheerful flair. Perfect for adding a splash of springtime joy to your meals, this class is designed for all skill levels and promises a blooming good time!

Artist: Anna Glenski-Kjose

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

Register by May 5.

Ladies Mud & Wine

7-8:30pm, Friday, May 9

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 a glass of wine. Discover the joy of creating pottery from scratch with friends. Alcohol only served to 21+ with a valid I.D.

Instructor: Anna Glenski-Kjose

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

Register by May 6.

SOCIAL CLASSES

Member Brunch and New Member Welcome

11:30am-12:30pm, Saturday, April 19

Enjoy a brunch buffet while meeting new members and socializing. Brunch Served 11:30-12pm.

*Free for new members who joined in March

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

Register by April 16 at noon.

125 LIVE Pickleball Open House

1:30-3:30pm, Tuesday, May 6

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

Carfit- Older Drivers "Fit" for Safe Driving

10am-4pm, Saturday, May 10

Older drivers often get a bad rap for being a menace on the road, but data about their safe driving practices reveals quite the contrary. In fact, older drivers are involved in fewer fatal collisions per capita than in the past.

Studies also show that many older drivers self-limit their driving by driving fewer miles, or avoiding driving at night or in other challenging situations.

Seniors, come to 125 LIVE to participate in a unique safety program called *Carfit*. *CarFit*, developed in 2005, runs drivers through a 12-point checklist to assess their fit in their vehicle and educate them on how minor adjustments may increase their safety. Carfit helps promote conversations between older drivers and their families about driving safety and helps seniors improve their "fit" in their vehicles.

At the event, you'll be able to talk with older drivers and see first-hand how trained technicians help aging drivers with the comfort and safety settings in their car including:

- A clear line-of-sight over the steering wheel;
- Adequate space between the front air bag/steering wheel and the driver's breastbone; properly adjusted head restraints;
- Proper positioning on gas and brake pedals;
- Proper seat belt use and fit, and safe positioning of mirrors to minimize blind spots.

Limited spots. Register early. Free 125 LIVE members.

Register by May 6.

Olmsted Medical Center Active Aging Services Conference

Caring with Grace: Practical Tools and Self-Care for Dementia Caregivers

9-3:30pm, Wednesday, May 14

We are pleased to invite you to a one-day conference about working with active aging adults with dementia. This year's conference is well suited for caregivers, community members, nurses, social workers, and other healthcare professionals. New this year is a no-cost respite room for your loved one/friend/client during the conference. A continental breakfast, lunch and snack will be provided. The topics of the conference are as follows:

1. Importance of sleep
2. Mindfulness
3. Diet and Nutrition
4. Music
5. Medication (OTC/Prescription)
6. Exercise and Movement
7. Early detection
8. Social connections
9. Stress management

Contact the OMC Social Services and Active Aging Services Manager with any questions at 507-529-6744.

Free for 125 LIVE members.

Register by April 25.

Rochester Male Chorus Sing a Long

7-8:30pm, Monday, May 19

The Rochester Male Chorus have been an active performing group in the community for 96 years and will be sharing their talents with the community at 125 LIVE. Enjoy the Rochester Male chorus for a fun sing a long and mini concert with family and friends. Please bring a donation of non perishable food items to the 125 LIVE pantry in lieu of an admission fee. Free will offering for the chorus.

Good will donation for entry fee, open to the public

No registration required.



April-May Events 2025

SOCIAL CLASSES

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 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. 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.

Senior Planet: Digital Wallets for Smartphones

11am-12:15pm, Tuesday, April 8

You CAN leave home without your wallet! By now, you've seen shoppers at the store who check out by simply passing their phones near the merchant's screen, confirming their purchase with a tap, and then picking up their goods and exiting. No more searching for money or credit cards in their wallets. We'll explore the advantages of digital or mobile wallets—seamless purchasing, virtual ticket storage, decluttering, and lightening the load of a physical wallet. We'll look at the most popular digital wallets: Apple & Google Wallet and discuss their uses beyond purchases. We'll also discuss features/considerations for security and privacy.

Instructor: Cheryl Thode

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

Register by April 7.

Rochester Garden and Flower Club— All About Mushrooms

1-2pm, Tuesday, April 8

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Continued...Rochester Garden and Flower Club

Join us for the informative "All About Mushrooms" workshop! Learn how mushrooms grow and how to cultivate them at home or outdoors. Led by Kevin Stern, co-owner of Fiddlehead Knob, and a Certified Mushroom Harvester. Kevin will introduce you to 10 mushroom varieties, share recipes, and teach you about dried mushrooms and mushroom seasonings.

Presenter: Kevin Stern, certified mushroom grower

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

Register by April 7.

Altitude Solutions Presents: Recharging Caregivers: Overcoming Burnout and Embracing Sustainable Solutions

11am-12pm, Thursday, April 10

Caregiving for a loved one is a rewarding and challenging experience, and it's easy to push your feelings and personal needs aside to give your full attention to the person within your care. As a result, caregiver burnout and compassion fatigue are extremely common, and it can impact your emotional, mental, and physical health, and your ability to provide the best care. Join me for a discussion on identifying caregiver burnout and learn strategies to improve quality of life amidst the caregiving experience.

Presenter: Scott Curran, LICSW

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

Register by April 9.

CRC Presents: Getting Familiar with iPads

11am-12pm, Thursday April 10

This class is tailored for seniors who want to become more comfortable using iPads. Participants will learn the basics of navigating the device, including how to use touch gestures, set up apps, and manage settings. The class will also cover practical tips for everyday tasks such as browsing the internet, sending emails, and staying connected with family and friends through video calls. With hands-on support, seniors will gain confidence in using their iPads for entertainment, communication, and staying informed.

Instructor: Vince Guerra

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

Register by April 9.

April-May Events 2025

POTTERY AND ART CLASSES

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.

Intro to Wheel Part I

10am-12pm, Tuesdays, April 8, 15, 22, 29

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 April 7.

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 respectively.

Plant Buddy Pinch Pot

6:30-8pm Friday, April 11

Craft your own adorable plant buddy! In this workshop, you'll get your hands dirty as you hand-build and design a unique, cheerful planter for your favorite houseplant. Let your creativity bloom as you sculpt and shape clay into a charming home for your green companion."

Artist: Janelle Forsthoffer

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

Register by April 9.

125 LIVE Pottery Social

1-2pm, Saturday, April 12

Spring into Clay with us! Come enjoy light refreshments while learning some ways to use live plants in your pottery. **Free for 125 LIVE social members but sign-up required!**

Register by April 11.

Croissants & Clay

10-11:30am, Saturdays, April 12

Indulge in a delightful pottery experience where you'll craft an adorable croissant-shaped ring holder while enjoying real croissants and mimosas. Baking skills not required, just a love for all things cute, crafty, and tasty. Join us for a fun and relaxing session, and leave with a unique, hand-made piece that is as charming as it is functional.

Artist: Anna Glenski-Kjose

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

Register by April 9.

Spin My Clay Right Round

6:45pm-8:45pm, Monday, April 14

This class is for someone who may want to learn the ancient art of pottery, but may have unresolved commitment issues. Come try a one night class that is focused on the basics of wheel throwing (like the movie ghost, but no teaching as hands on as that. Come try it and see if its something you'd like to pursue. The focus of the class is to introduce people to this practice and friends tend to be more than usable pottery.

Instructor: Dan Plaisance

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

Register by April 11.

Intro to Wheel Part II

6-8pm, Tuesdays, April 15 - May 6

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

Instructor: Spencer R. Johannes

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

Register by April 12.

April-May Events 2025

SOCIAL CLASSES

Basics of West Coast Swing

5:45-7pm, Tuesday, May 6-27

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!

Instructor: Bridget Fischer

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

Register by May 5.

The Ins and Outs of Homeowners Associations

10-11am, Tuesday, May 6

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 May 5.

Senior Planet: Intro to Gaming

11am-12pm, Thursday, May 8

Ready to discover the exciting world of gaming? This class is designed for seniors who want to explore the fun and engaging world of video games, whether you're a complete beginner or just curious about the latest gaming trends.

We'll introduce you to a variety of games that are easy to learn and enjoyable, from puzzle games to virtual adventures. Learn how to use gaming devices, navigate different platforms, and connect with friends and family through online games.

Trainer: Vince Guerra

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

Register by May 7.

Introduction to Medical Imaging

11am-12pm, Thursday, May 8

Have you ever felt confused when speaking with a healthcare professional about medical imaging? Join Dr. Josh Wald-Kerr to learn the basics about the most common types of medical imaging. This overview on X-Ray, CT, MRI, Ultrasound, and DEXA scan will help you to understand what each type of imaging technology is used for.

Instructor: Josh Wald-Kerr

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

Register by May 7.

SPECIALTY FITNESS CLASSES

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.

Saturday Aqua-Cycle Class

9-9:30 am, Saturdays, March 29 - April 26 **OR**

7:15-7:45am, Saturdays, April 12- May 3

An aqua cycle class is a high-energy, low-impact workout that takes place in the water, combining cycling with the resistance of water to tone muscles and improve cardiovascular health. Participants pedal on stationary bikes submerged in the pool, benefiting from the buoyancy of water to reduce strain on joints while still achieving a full-body workout. Join us in the warm-water pool for 30 minutes of interval training on the aqua cycle bikes!

Instructor: Kerry

\$20 fitness member | \$30 social & nonmember

Register by March 28 and April 11 respectively.

Saturday Water Bootcamp

8-8:50am, Saturdays, April 12- May 3

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.

Personal Trainer: Kerry

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

Register by April 11.

Aqua Zumba Party

6:30-8pm, Friday, April 25

Get ready to make a splash at our Aqua Zumba Party, where upbeat rhythms meet the water for a fun and energizing workout! Dive into a high-energy, calorie-burning class that combines Latin-inspired dance moves with the resistance of water for a full-body fitness experience. All fitness levels welcome! Refreshments to follow.

Instructors: Jess and Katie

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

Register by April 24.

April-May Events 2025

SOCIAL CLASSES

Senior Planet - Staying Safe Online Workshop

11am-12:30pm, Saturday, April 12

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

Trainer: Erikk Flynn

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

Register by April 11.

Rochester Symphony Presents: Symphony of Peace

2-3pm, Thursday, April 10

Join Rochester Symphony conductor Chia-Hsuan Lin (pronounced jah-shwen), as she shares her musical insight into selections of music that inspire peace and hope in times of upheaval and uncertainty. Selections will include George Butterworth's *The Banks of Greenwillow*, and Joseph Haydn's masterpiece for chorale, *Mass in Time of War*. Widely acknowledged as a call for peace, Maestro Lin reflects on its jubilant message of strength and hope. Through musical 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 April 9.

Mayo Clinic Dietetic Talks: Mindful Eating

6-7pm, Monday, April 14

Join Tamara Soerensen, dietetic intern at Mayo Clinic, for an introductory and engaging session on Mindful Eating. Tamara will delve into the differences between biological and emotional hunger and provide tips on being more present during mealtimes. Tamara will share the benefits of practicing mindful eating and guide the audience through a fun mindful eating exercise.

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

Register by April 13.

Senior Planet: Food Delivery Apps

11am-12pm, Tuesday, April 15

Ordering food and other items from home is now easier than ever thanks to the internet and mobile apps. This lecture provides an overview of the most popular food delivery apps, such as DoorDash, Uber Eats and more. You'll learn about the pros and cons, special features, and best practices for using these apps.

Instructor: Chelsie Gaspar

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

Register by April 14.

Rochester Clinic/Lotus Health Foundation Presents: Step Into Health: Defeating Diabetes and Preserving Foot Health Through Lifestyle Medicine

10-11:30am, Monday, April 14

In recognition of Foot Health Awareness and Defeat Diabetes Month, "Step Into Health: Defeating Diabetes and Preserving Foot Health Through Lifestyle Medicine" addresses one of the most severe diabetes complications—diabetic foot ulcers, the leading cause of non-traumatic amputations. This presentation emphasizes a proactive, lifestyle medicine approach to managing and even reversing diabetes, aiming to protect foot health and prevent complications before they arise. Attendees will learn how nutrition, physical activity, stress management, and other lifestyle changes can play a vital role in controlling blood sugar, reducing the risk of foot ulcers, and supporting diabetes remission. This empowering session offers practical strategies for defeating diabetes and taking positive steps toward lasting health and mobility. A live cooking demonstration will show a simple, nutrient-packed recipes.

Presenter: Rochester Clinic

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

Register by April 10.

CRC Presents: Scam Prevention

11am-12pm, Thursday April 17

This informative class is designed to empower seniors with the knowledge and skills needed to protect themselves from various scams and frauds targeting older adults. You will learn about the most common types of scams, such as phishing, lottery fraud, identity theft, and phone scams. We'll explore practical tips for recognizing warning signs, avoiding risky situations, and responding effectively if they suspect they've been targeted. Also how to safeguard personal information, manage online security, and identify legitimate organizations. With real-world examples, seniors will gain confidence in navigating the digital and financial world safely.

Instructor: Vince Guerra

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

Register by April 16.

SOCIAL CLASSES

Rochester Garden and Flower Club Presents: Planting for Your Future

1-2pm, Thursday, April 17
Diane Blazek, Executive Director of the National Garden Bureau, will be visiting from Chicago. The National Garden Bureau, established over 100 years ago, focuses on educating and motivating individuals to grow home gardens. Members of the NGB are horticultural experts, providing information directly from these experts to aid in gardening success. This information is available at no cost. The National Garden Bureau offers resources for learning about gardening vegetables, flowers, shrubs, landscaping, and new plant varieties. These include free webinars, blogs, grants, speakers, and a free gardening course (<https://gardentutor.com>). Come to this exciting and informative class to learn what is new in the gardening world.
Presenter: Diane Blazek, National Garden Bureau
Free social member | \$5 fitness member | \$10 nonmember
Register by April 16.

Where Do I Go Now? Housing Alternatives

10-11am, Saturday, April 19
Join Jim to learn about the housing alternatives for seniors within our community. He will discuss condos, townhomes, cooperatives, independent living, assisted living, and more. Whether it is for you, an aging parent, family member or friend that can no longer stay in your home, attend Jim's class and learn about your options.
Presenter: Jim Miner
Free social member | \$5 fitness member | \$10 nonmember
Register by April 18.

Castle Quilters Fabric and Kit Sale

8:30am-11:30pm, Monday April 21
Are you looking for summer craft projects? Please stop by the Castle Quilters fabric and kit sale. Some of the items at the sale will include: "Bits & Pieces Table" (\$3 a bag), three 1-yard fabric bundles, fat quarters, discount table of gift items, and complimentary coffee & cookies.
Free and open to the public.

Tech Talk with T-Mobile

11:30 am-1:30 pm, Thursday, April 24
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.
Presenter: T Mobile
Free social member | \$5 fitness member | \$10 nonmember
Register by April 23.

Olmsted Medical Center Presents: Driving Assessment

11am-12pm, Tuesday, April 22
Please join this class to learn how your driving can be assessed to know if you are still safe to drive. Hailey, an occupational therapist with OMC since 2022 works in inpatient care of the hospital as well as in the outpatient hand clinic. Her approach for this class will be on cognition, range of motion, and reaction time versus actual driving safety. Managing and scheduling transportation in retirement will also be talked about. As an Occupational Therapist (OT), Hailey Sheeran is dedicated to enriching lives through expert care. Hailey has been with OMC since 2022 and works in the inpatient area of the hospital as well as in our outpatient hand clinic. Hailey was introduced to the occupational therapy field by her mother, who is a speech therapist. Hailey is passionate about helping patients become more independent while helping them gain strength to return to their daily lives. Hailey wants her patients to know that "I am focused on their goals. I always start by asking what they want out of their session, what their hobbies are, and what they do for work, just to make sure we're focusing our session on their needs."
Presenter: Hailey Sheeran
Free social member | \$5 fitness member |\$10 nonmember
Register by April 21.

Senior Planet: Exploring and Downloading Apps

10-11am, Wednesday, April 23
During this hands-on workshop, you'll learn how to search for and download apps to your smartphone. Whether you have an iPhone or an Android phone, we'll explore both app stores and cover some helpful considerations for choosing apps. You'll also learn how to uninstall apps and how to adjust some important app settings. **Pre-requisites:** Participants should bring their smartphone to class. Please note that this workshop focuses on downloading apps on your smartphone and will not cover every smartphone question.
Instructor: Chelsie Gaspar
\$5 social member | \$10 fitness member | \$20 nonmember
Register by April 22.

SOCIAL CLASSES

Crutches 4 Africa

Drop off Donation Day @ 125 LIVE
8am-12pm, Saturday, April 26
125 LIVE Lower Level Parking Lot
Crutches 4 Africa is a Rotary Clubs of Rochester service project to collect, store, and distribute used mobility devices to people in Africa who have limited mobility (due to age or illness) and cannot afford a device. Our goal is to collect 3,000 devices in the next few months. Please donate your used devices so those in need can improve their mobility and their lives. Every donation changes a life. Accepted devices: crutches, canes, braces (knee, ankle, elbow, wrist) arm slings, wheel-chairs (nonmotorized), and baby joggers (no strollers) Free and open to the public | No registration required.

The Wines of California

3:30-5pm, Saturday, April 26th
In this class we will dive into California wines and how the different micro climates in California can give us such a large range of wines to choose from.
Wine only served to 21+ with ID.
Instructor: Autumn Gilliam
\$25 social member | \$36 fitness & nonmember
Register by April 21.

Senior Planet: Digital Tools for Brain Health

11 am-12 pm, Tuesday, April 29
Stay sharp with technology! In this discussion, we will explore digital tools that can support habits to help you stay mentally alert. This includes wearable devices, engaging websites, and informative podcasts. Discover practical resources to keep your mind active and enhance your cognitive well-being in today's digital world.
Trainer: Mary Haugen
\$5 social member | \$10 fitness member | \$20 nonmember
Register by April 28.

Long May you Run- The Music and History of Neil Young

10am-12pm, Wednesday, April 30
Join Paul as he uses music, lyrics, and photos to tell the story of Neil Young. You'll trace Neil's career from his earliest days in Canada to his most recent releases. You'll explore the many musical styles and collaborations of this prolific songwriter and musician. You'll learn about Neil's family, his outside interests, and the stories behind many of his songs.
Presenter: Paul Koeller, Member
Free social member | \$5 fitness member | \$10 nonmember
Register by April 29.

Introduction to Pickleball

1-2pm, April 28, 29, 30, May 1
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! Meet in the 125 LIVE Lobby.
Instructor: Angie Tauscher
\$75 125 LIVE member | \$89 nonmember
Register by April 26.

Mayo Clinic Presents: Stroke- When Minutes Matter

10-11am, Thursday, May 1
Stroke affects one in every six people during their lifetime. Come join local stroke nurse, Jenn Wells-Pitman to learn about common risk factors for stroke and strategies to help decrease that risk. Information will be presented on risk factors for stroke including a self-assessment tool, ways to decrease risk, signs of stroke, and what to do if someone is having a stroke.
Presenter: Mayo Clinic Stroke RN
Free social member | \$5 fitness member |\$10 nonmember
Register by April 30.

Senior Planet: Getting Started with PayPal

11am-12pm, Thursday, May 1
Join this informative class designed for seniors who want to learn how to use PayPal for secure online transactions. Whether you're new to online payments or brushing up on your skills, this class will guide you through the process of setting up an account, sending and receiving money, making purchases, and staying safe online. Learn at your own pace with plenty of opportunities for hands-on practice and questions. By the end of the class, you'll feel confident using PayPal to manage your finances from the comfort of your home. Please bring your mobile devices with. Chromebooks will be available to use for those needing a device.
Trainer: Vince Guerra
\$5 social member | \$10 fitness member | \$20 nonmember
Register by April 30.