

# 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, June 12 and 26

**Family History Club**  
2-4pm, 2nd Wednesday, June 11

**Ham Radio Club**  
2-3pm, 3rd Tuesday, June 17

**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, June 5 and 19

**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, June 12  
Book discussion: Gone for Good, Harlan Coben

**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  
10:30am-12pm, Saturdays

**Square Dance**  
12-3pm, 1st and 3rd Tuesday, June 3 and 17  
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, May 1  
5-6:30pm, 3rd Thursday, May 15  
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, June 5  
9-10am, 1st Friday of each month, June 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 Club**  
3:30-4:30pm, Thursdays  
Free and open to the public | No registration required

**Elder Network**  
9-11am, Tuesdays, June 3  
9-11am, Tuesdays, July 1 and 15  
9-11am, Tuesdays, August 5 and 19  
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, June 11  
5:15-6:15pm, 3rd Monday, June 16  
Free and open to the public.

**Grief Support Group**  
2:30-4pm, 1st and 3rd Thursday, June 5 and 19  
Free and open to the public.

**Parkinson’s Support Group**  
1:30-3:30pm, 3rd Thursday, June 19  
Free and open to the public.

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

# Social Activities

These activities are free for social members Updated 5/27/2025

**Cards and Games**  
**Billiards Room:** Open during building hours

**Bingo Tuesdays**  
11-11:45am, Tuesdays, June 3, 10, 17, 23, 30  
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, Knee & Foot:** Mondays, 12pm-3:30pm  
**Mexican Train:** Tuesdays, 3pm-5pm (Gathering Space)  
**Mexican Train:** Wednesdays, 12pm-3pm  
**Cribbage:** Wednesdays, 1pm-3pm (Gathering Space)  
**Hand, Knee & 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, June 2  
Grab a Coffee with Sylwia and Ken. Join us for a relaxed coffee chat and engaging conversation! Let’s talk about:

**Cops and Coffee**  
**OFF FOR THE SUMMER**  
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, June 27  
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.

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

**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  
2 Olivia- Hy-Vee Dietitian: Sponsored by Visiting Angels.  
9 Rochesterfest 2025: Ignite Your Spark! Learn about this fun event and how you can participate or volunteer.  
16 Theresa & Dan Anger: Mayo Clinic Ambulance Service. What should you expect when calling 911? How can you help the dispatcher and other tips?  
23 Brian Petersen: A discussion on achieving financial peace.  
30 Open discussion led by Members

**Music**  
**Friday Concerts**  
10:30-11:30 am, Fridays  
June 6 : Preserves  
June 13: Roch Bottomn  
June 20: Becca Tesch & USA Dance Showcase (10:45-11am)  
June 27: Paul Kern

**Music Jam Session**  
1-3pm, Wednesdays

**Young at Hearts Choir**  
10-11am, Wednesdays