

POTTERY AND ART CLASSES

Pottery Wheel - Solutions for Common Beginner's Issues

**9am-12pm, Saturday, June 14 OR
9am-12pm, Thursday, July 17**

You're enjoying the creativity pottery brings, but are having some frustrations with making the piece your mind's eye has. This class will address many common issues, explaining why they occur and ways to prevent or correct them. Common complaints; centering, controlling the diameter (gets too wide), trouble with first pull, uneven rim, not tall enough, walls too thick, piece is too heavy. Through demonstrations and practice your instructor will assist you in getting past these issues and improve your pottery skills.

Requirements: Active Wheel Potter

Instructor: Jeff Jones

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

Register by June 12 OR July 16 respectively.

Intro to Wheel Throwing Part I

**6-8pm, Mondays, June 16, 23, 30, and July 7 OR
10am-12pm, Saturdays, July 12, 19, 26, and August 2**

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: Hannah Glowacki

\$100 social members | \$115 fitness & nonmembers

Register by June 12 OR July 10 respectively.

Pottery Wheel Refresher – The Basics

**1-4pm, Monday, June 23 OR
9am-12pm, Thursday, August 14**

Whether its been awhile or you'd just like to refresh their basic skills, this course is for you. Through demonstrations and practice your instructor will assist in bringing back those forgotten skills. During the class we will walk through each step of the process; prepping your clay, centering, opening, preparing clay for first and following pulls. This class's goal is to sharpen your skills and produce uniform cylinders ready to shape into finished pieces. After this class, for those wanting to further their skills, please look into 125's 'Beginning Wheel Part 2' course. **Requirements: Had previous pottery wheel experience.**

Instructor: Jeff Jones

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

Register by June 22 OR August 13 respectively.

Pottery Wall Pocket

6-7:30pm, Thursday, July 24

Create a beautiful, functional ceramic wall pocket in this hands-on pottery class. Perfect for holding flowers, herbs, utensils, or small treasures. These pockets add a unique touch to any space. (All skill level)

Instructor: Janelle Forsthoffer

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

Register by July 23.

Intro to Wheel Throwing Part I

6-8pm, Mondays, August 4, 11, 18, and 25

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: Hannah Glowacki

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

Register by July 31.

Pottery Wheel - Solutions for Common Beginner's Issues

5 - 8pm, Tuesday, August 5

You're enjoying the creativity pottery brings, but are having some frustrations with making the piece your mind's eye has. This class will address many common issues, explaining why they occur and ways to prevent or correct them. Common complaints; centering, controlling the diameter (gets too wide), trouble with first pull, uneven rim, not tall enough, walls too thick, piece is too heavy. Through demonstrations and practice your instructor will assist you in getting past these issues and improve your pottery skills. **Requirements: Active Wheel Potter**

Instructor: Jeff Jones

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

Register by August 4.

Ceramic House Holder

6-7:30pm Thursday, August 7

Join us to design and hand build your own ceramic house holder. A useful container for small items such as matches and toothpicks. This piece will offer both function and charm to your space. (All skill levels)

Instructor: Janelle Forsthoffer

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

Register by August 6.

SOCIAL CLASSES

Coffee with 125 LIVE Leadership

11am-12pm, Monday, June 2

Have coffee with Sylwia and Ken and learn what is happening at 125 LIVE. We are hear to answer your questions and share what is on the horizon. Free for 125 LIVE members. No registration required.

Experience the Harmony of "Forever Plaid"

6:30pm, Tuesday, June 17

Rochester is home to some amazing community theatre, and Absolute Theatre is leading the way! After earning "Best of Festival" at state and regional competitions this spring, they're preparing to take their musical *Forever Plaid* to the national stage in July. Now's your chance to preview their award-winning performance right here at 125 LIVE! It consists of four talented gentlemen, four-part harmony, classic hits, and toe-tapping fun!

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

This fee provides entrance to 125 LIVE, a membership-based organization. It does not support the performers or production.

Register by June 16.

Friday Concert with Becca Tesch and USA Dance Showcase

10:30-11:30am, Friday, June 20

10:45-11am USA Dance Showcase

Kick off your morning with music and movement! Before the concert begins, enjoy a fun USA Dance showcase featuring highlights of the dances you'll learn in our **Summer Dance Series** starting this July. Get a sneak peek at styles like Swing, Waltz, Rumba, and Foxtrot—and see how much fun dancing can be! Come for the showcase, stay for the concert, and get inspired to hit the dance floor all summer long!

Member Brunch and New Member Welcome

11:30am-12:30pm, Saturday, June 21

Enjoy a brunch buffet while meeting new members and socializing. Brunch Served 11:30-12pm. *New members, please call the Membership Services to Register for the event 507-287-1404*

Free for new members who joined in May

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

Register by June 18 at noon.

Post Bulletin Live Well Expo

9-11:30am, Thursday, June 26

Stop in at the expo, visit various vendors and enjoy donuts and a coffee bar. No registration required.

4th of July Bash at 125 LIVE!

11am-1pm, Wednesday, July 2

Get ready to party in red, white, and blue! We're firing up the grill for an outdoor BBQ packed with tasty eats, friendly faces, and toe-tapping tunes from *The Preserves* and *Young at Heart* singers. Bring your lawn chair, your appetite, and your festive spirit! We'll be serving up brats with all the fixins', salad, chips, and ice cream—because it's not a party without dessert! Open to all 125 LIVE members and the public. Don't miss the fun!

\$5 social member | \$7.50 fitness member | \$10 nonmember

Register by June 30.

Travel Opportunities through Collette Travel:

Go to our web page for more details: 125livemn.org
Sunny Portugal:

Travel Dates: October 30-November 11 2025

<https://gateway.gocollette.com/link/1272788>

Registration deadline for early bird special: April 30, 2025

South Pacific Wonders:

Travel Dates: February 4- February 18, 2026

<https://gateway.gocollette.com/link/1272737>

Registration deadline for early bird special: August 6, 2025

Canadian Maritime and Coastal Wonders

Travel Dates: June 13-23, 2026

<https://gateway.gocollette.com/link/1340033>

Registration deadline for early bird special: December 13, 2025

Old World Sicily and Malta

Travel Dates: October 21-November 1, 2026

<https://gateway.gocollette.com/link/1340038>

Registration deadline for early bird special: March 20, 2026

See more travel opportunities by the main level elevators.

SOCIAL CLASSES

Let's Discuss Mobility with Dr. Curran
10-11am, Wednesday, June 4
Welcome Dr. Curran to 125 LIVE. He will talk about mobility and how it applies to the thoracic spine. 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 June 3.

Introduction to Medicare with Prime Time Health Advisors
1-2pm, Wednesday, June 4
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 June 3.

Senior Planet: Intro to Digital Wallets
11am-12pm, Thursday, June 5
In today's digital world, managing your money online has become easier and more secure with digital wallets. This class is designed to introduce seniors to the concept of digital wallets—how they work, how to set them up, and how to use them for everyday transactions. Whether you're new to mobile payments or just want to feel more confident using digital tools, this class will guide you through the process of setting up a digital wallet on your smartphone or tablet, adding payment methods, and making safe and secure payments online or in person.
Trainer: Vince Guerra
\$5 social member | \$10 fitness member | \$20 nonmember
Register by June 4.

Mayo Medical School Senior Sages Information Session
9:30-10:30am, Monday, June 9
A 4-year longitudinal program that provides medical students with a unique opportunity to learn more about the aging process from an expert who has experienced it firsthand, their senior sage. A great opportunity to connect with students and make an impact in the future of American healthcare, communicate your experiences and wisdom to the younger generation, and volunteer your expertise to our community.
Free and open to the public | No registration required.

Rochester Clinic/Lotus Health Foundation
Presents: Brain Boost: Strategies for Lifelong Cognitive Health
10-11:30am, Monday, June 9
June is Alzheimer's and Brain Awareness Month and Men's Health Month. This session will focus on proven ways to support brain health and prevent cognitive decline. Learn how nutrition, physical activity, and social engagement can enhance memory, focus, and overall mental well-being. Empower yourself with lifestyle strategies to keep your mind sharp and resilient.
Free social member | \$5 fitness members| \$10 nonmember
Presenter: Rochester Clinic/Lotus Health Foundation
Register by June 5.

Introduction to Pickleball
2:30-3:30pm, June 9, 10, 11, 12
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 June 7.

Mayo Clinic Dietetic Talks: Boosting Fiber in your Diet
6-7pm, Monday, June 9
Join Tamara Soerensen, dietetic intern at Mayo Clinic, for an informative session on boosting fiber in your diet. Studies show that only around 5% of American adults are meeting their recommended daily fiber goals. Dietary fiber has been associated with lower cholesterol and improved blood sugar control, among other benefits! Tamara will discuss the different types of dietary fiber and provide strategies to add more fiber to your diet.
Free social member| \$5 fitness member | \$10 nonmember
Register by June 8.

Selling Your Home in 2025
10-11am, Tuesday, June 10
You have decided it is time to sell your home, but are looking for information on how to do that successfully. Join this class to gain valuable information on what to consider when selling your home..
Instructor: Jim Miner
Free social members | \$5 fitness members | \$10 nonmembers
Register by June 9.

SPECIALTY FITNESS CLASSES

Summer Zumba Party
10-11:30am, Saturday, June 28
Get ready to have a blast with our 125 LIVE Zumba instructors! Dress up in your favorite summer outfit, dance, socialize, and enjoy some refreshments afterwards. 1-hour of Zumba dancing with light snacks and refreshments to follow.
Instructors: Tamsin, Katie, and Jess
\$5 fitness member | \$10 social member & nonmember
Register by June 27.

POTTERY AND ART CLASSES

Pottery Wheel - Trimming
9am-12pm, Wednesday, June 4
6-8pm, Tuesday, July 8
Through demonstrations and practice you will learn how to put a beautiful finish to your piece. You'll learn how to evaluate your piece before trimming, attaching to the bat, cut the foot and trim the sides to the piece's final shape.
Instructor: Jeff Jones
Requirements: Have 2-3 leather hard pieces ready for the class.
\$30 social member | \$41 fitness & nonmember
Register by June 3 OR July 7 respectively.

Wall Vase
5:30-7:30pm, Wednesday, June 4 OR
1-3pm, Thursday, June 5
Create a beautiful vase to show off your dried, garden fresh, or store bought flower arrangements. Wall vases brighten up blank walls and don't take up table space, a real benefit for small homes. No need to worry about the cat or little ones tipping over a vase on the table. Pots will be built during class. The instructor will glaze your piece. You will receive an email when it is ready for pick up.
Instructor: Carolyn Real
\$45 social member | \$57 fitness & nonmember
Register by June 2 OR June 4 respectively.

Mark-Making on Concertina Booklet
10am-12noon, Saturday, June 7
Create a visually delightful concertina booklet showcasing your expressive and unique work of art on art paper. Explore the wonderful world of loose mark-making using an assortment of paint brushes, acrylic paints, inks, crayons, and pencils. Learn a few basic principles of design and color harmony to unleash your creativity and discover the joyful qualities of colors, shapes, and marks. No experience necessary. Please bring in \$10 cash in hand for supplies upon arrival.
Instructor: Mona Arcega
\$35 social member | \$47 fitness & nonmember
Register by June 3.

June Events 2025

SPECIALTY FITNESS CLASSES

International Yoga Day

9-10am, Tuesday, June 3

This class is open to all levels and backgrounds. This inclusive session blends movement, breathwork and mindfulness in a relaxed, community -focused environment. No commitment or experience needed- just drop-in, stretch and connect. Mats available on site. All are welcome.

Instructors: Sunny and Max

Free fitness member | \$10 social member & nonmember

Register by June 2.

Group Shaker Class

10-10:30 am, Tuesdays & Thursdays, June 3 through June 26

Vibration plates will be used as a key component for this exercise program. Program will include balance and strength training while using a vibration plate in a variety of standing and sitting positions.

Instructor: Sunny

\$25 fitness member | \$35 social member | \$65 non-member

Register by June 2.

Fall Prevention

1:00pm-1:45pm, Tuesdays & Thursdays, June 3, 5, 20, 12, 17, 19, 24, & 26

This class is designed to help individuals reduce their risk of falling by improving strength, balance, and awareness of fall hazards. In this class we will be working on hand eye coordination, some functional stand to kneel exercises, light floor exercises, and exercises to gain the strength to get back up after a fall. Whether you're looking to stay active, move more confidently, or maintain your independence, these guided exercises are designed to help you feel stronger and steadier in everyday life.

Trainer: Kevin

\$36 fitness member | \$48 social member & nonmember

Register by June 2.

Pickleball Performance

1-1:45pm, Tuesday and Friday, June 3, 6, 10, 13, 17, 20, 24 & 27

This class includes strength and agility exercises to improve speed, cardiovascular endurance, and coordination. We will do both standing and floor exercises.

Instructor: Kris

\$35 fitness member | \$50 social member & nonmember

Register by June 2.

Wine & Line Dance Party

6:30-7:30pm, Friday, June 6

Get ready to dance the night away at our Wine & *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 a glass of WINE!

Instructor: Jan Fritz

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

Register by June 5.

Suspension Training- June

5:15-5:45pm, Wednesdays, June 11, 18, 25, & July 2

Suspension training is a fun way to use your body weight in different ways. In this class, you will participate in exercises that are easy on the joints while improving flexibility and mobility. You will increase strength and work muscles in ways that you have never done before. No matter what your fitness level, there are so many exercises you can benefit from using TRX bands.

Trainer: Kris

\$35 fitness member | \$45 social member & nonmember

Register by June 10.

Water Bootcamp- June

10:10am-11am, Mondays, June 16, 23, 30

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

\$30 fitness member | \$35 social member | \$42 nonmember

Register by June 13.

Boxing & Bloody Mary's

11am-12pm, Monday, June 23

Join us for Boxing for Beginners class party—perfect for anyone looking to learn the basics in a fun environment! We'll cover fundamental techniques, enjoy a workout, and celebrate with music, snacks, and great company.

45-minutes of Boxing followed by Bloody Mary's

Trainer: Kris

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

Register by June 20.

June Events 2025

SOCIAL CLASSES

Senior Planet: Getting to Know Your iPhone

11 am-12 pm, Tuesday, June 10

We'll explore some of the iPhone's common features during this hands-on workshop. You'll learn ways to interact with the touch screen, access important controls, and search for specific settings. We'll also cover some tips and best practices for securing and maintaining your device. Please note that this workshop focuses on some specific smartphone features and will not cover every smartphone question.

Pre-requisites: Participants should bring their iPhone fully charged to class.

Trainer: Mary Hagen

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

Register by June 9.

Forté Open House

11am-1pm, Tuesday, June 10

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 June 9.

Medicare 101- RESCHEDULED

6-7pm, Tuesday, June 24

Are you new to Medicare, retiring or turning 65? This class will discuss the different parts of Medicare, deductibles, what's covered, enrollment periods, costs, Medicare Advantage plans, and Medicare Supplements. Understand Part D drug coverage, formularies, drug tiers, the new 2025 prescription drug benefit model, and how to avoid late enrollment penalties

Presenter: Lee Ziesmer, Gold Leaf Insurance Agency
Free 125 LIVE members.

Register by June 23.

Senior Planet: Tips for Being News-Savvy Online

11am-12pm, Thursday, June 12

In today's digital age, staying informed is important, but navigating the vast amount of news available online can be overwhelming. This class is designed to help seniors become more confident and discerning when consuming news online. We'll teach you how to find trustworthy sources, spot misinformation, and use reliable platforms to stay up-to-date with current events.

CONTINUED IN THE NEXT COLUMN----->

CONT. ----> Senior Planet: Tips for Being News-Savvy Online

You'll also learn how to use search engines and social media responsibly to access news in a way that's accurate and relevant to you.

Trainer: Vince Guerra

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

Register by June 11.

Successful Aging and Brain Health: What We Never Learned in School

1-2pm, Thursday June 12

Dr Ed Creagan is a board-certified oncologist and hospice palliative care physician. He will clarify and demystify the normal aging process. You will also learn how to protect your brain functioning as you age.

Presenter: Dr. Ed Creagan

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

Register by June 11.

How to Plan a Travel Itinerary

10-11am, Tuesday, June 17

Join Amy, a seasoned traveler, once again to gain more knowledge about starting to travel. In this 1-hour class, she will focus on how to plan your itinerary for your next travel excursion. She will discuss using Apps to help schedule buses, trains, and automobiles to get to your destinations. Also she will talk about the best time of the year for traveling and flights. At the end will be a Q & A session to ask her questions. If you have the desire to start traveling but are not sure how to go about planning the itinerary, sign up for this class.

Presenter: Amy Eisinger

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

Register by June 16.

Home Organizing 101: Stop Being Owned By Your Stuff!

1-2pm, Wednesday, June 18

Even if you've tried getting organized before, don't give up! Sara Lohse, Professional Organizer at The Rescued Room, will teach you home organizing strategies and the habits needed to maintain order. Common organizing mistakes and de-cluttering strategies will also be covered.

Come ready to learn and laugh!

Presenter: Sara Lohse, Rescued Room

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

Register by June 17.

June-July Events 2025

SOCIAL CLASSES

CRC Presents: How to Choose a New Computer
11am-12pm, Thursday, June 19
Choosing a new computer can feel overwhelming with so many options available. This class is designed to help seniors navigate the process of selecting the perfect computer for their needs, whether it's for staying connected with family, online shopping, or exploring new hobbies. We'll guide you through the basics of understanding different types of computers (laptops, desktops, tablets), key features to consider (such as screen size, memory, and storage), and how to compare brands and models. By the end of this class, you'll be equipped with the knowledge to make an informed decision and find a computer that fits your lifestyle.
Instructor: Vince Guerra
\$5 social member | \$10 fitness member | \$20 nonmember
Register by June 18.

Buying A Home in 2025
10-11am, Saturday, June 21
Are you thinking about buying a home this year? Join Jim for his class where he will share valuable information on what to consider when buying your next home.
Instructor: Jim Miner
Social members free | \$10 fitness |\$20 nonmembers
Register by June 20.

Navigating Total Wine
3:30-5pm, Saturday, June 21st
This class will give you tips and tricks for navigating Total Wine. I will breakdown the store for you and talk about what to look for in the aisles. We will taste a range of wines that can be found there. Light snacks included.
Wine only served to 21+ with ID.
Instructor: Autumn Gilliam
\$25 social members | \$36 fitness & nonmembers
Register by June 18.

Hearing Life: Open House and Free Hearing Test
9am-1pm, Tuesday, June 24
9-10am Open House
10am-1pm Free Hearing Test
Please join us for an open house to learn about hearing loss and hearing aids. We will also show you the latest hearing aid models and technology. You can also sign up for a free hearing test to determine your hearing baseline.
Please note: After registering, 125 LIVE staff will call you to schedule a time for your hearing test. They will be scheduled in 15 minute increments. You must register for the event to receive the free hearing test.
Presenter: Mark Johnston, Hearing Life
Free social member | \$5 fitness member | \$10 nonmember
Register by June 19.

Olmsted Medical Center Presents: Vertigo
11am-12pm, Tuesday, June 24
Feeling dizzy? More than 1 in 3 adults in the US experience some vestibular dysfunction. Learn more about your balance system in action. Elizabeth Draper is a Rehabilitation Services-Lead at Olmsted Medical Center's Rehabilitation facility. She has a Master's in Physical Therapy and is a Certified Exercise Expert for Aging Adults.
Presenter: Dr. Elizabeth Draper
Free social member | \$5 fitness member | \$10 nonmember
Register by June 23.

CRC Presents: Cloud Storage
11am-12pm, Thursday, July 3
In this discussion, you'll learn the basics of cloud storage. This technology lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss cloud storage and why it's the future of data storage and demonstrate a few of the most popular services currently available to consumers.
Instructor: Vince Guerra
\$5 social member | \$10 fitness member | \$20 nonmember
Register by July 2.

Where Do I Go Now? Housing Alternatives
10-11am, Tuesday, July 8
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 members | \$5 fitness members | \$10 nonmembers
Register by July 7.

July Events 2025

SOCIAL CLASSES

Introduction to Pickleball
1:00-2:00pm, Tuesdays and Thursdays, July 8, 10, 15, 17
You will meet in the 125 LIVE lobby, but the class will be in the Rec Center Gym.
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 July 7.
Pickleball 2.0

2-4pm, Tuesdays and Thursdays, July 8, 10, 15, 17
You will meet in the Rec Center Gym due to the instructor teaching another class.
This is a beginner to intermediate class for those individuals who understand the rules and scoring and have played several games of pickleball. This class will focus on developing and practicing specific shots such as serves, returns, dinking and third shot drops. It will also include practical game situations and strategies.
Instructor: Angie Tauscher
\$75 125 LIVE member | \$89 nonmember
Register by July 7.

Forté Open House
11am-1pm, Tuesday, July 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 June 7.

AARP Driver Safety
9am-1pm, Wednesday, July 9
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 one safe on the road.
Instructor: Steve Sturm, AARP
\$25 social member | \$30 fitness & nonmember
Register by Register by July 7.

Senior Planet: Getting to Know Your Iphone
11am-12pm, Thursday, July 10
We'll explore some of the iPhone's common features during this hands-on workshop. You'll learn ways to interact with the touch screen, access important controls, and search for specific settings. We'll also cover some tips and best practices for securing and maintaining your device. **Please note that this workshop focuses on some specific smartphone features and will not cover every smartphone question.**
Pre-requisites: Participants should bring their iPhone fully charged to class.
Trainer: Vince Guerra
\$5 social member | \$10 fitness member | \$20 nonmember
Register by July 9.

Rochester Clinic/Lotus Health Foundation Presents: Caring for Little Joints-Juvenile Arthritis
10-11:30am, Monday, July 14
July is Juvenile Arthritis Awareness Month. While this condition primarily affects children, the impact often extends to parents, grandparents, and caregivers. In this session, we'll discuss the basics of juvenile arthritis, including its causes, symptoms, and lifestyle strategies to support the well-being of children facing this condition.
Free social member | \$5 fitness member | \$10 nonmember
Register by July 10.

DIY Exercise
11am-12pm, Thursday, July 10
Are you struggling to get started with a new exercise program? Interested in tips and strategies for building consistency with new habits? Join Dr. Josh Wald-Kerr to learn the basics about exercise types, health benefits, and ways that you can start to integrate movement into your regular routine!
Instructor: Dr. Josh Wald Kerr
Free social member | \$5 fitness member | \$10 nonmember
Register by July 9.