

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, May 8 and 22

Family History Club

2-4pm, 2nd Wednesday, May 14

Ham Radio Club

2-3pm, 3rd Tuesday, May 20

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 Thursday, May 1 and

THIS MONTH ONLY— Monday, May 12

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, May 8

Book discussion: The Lake House, Kate Morton

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, May 6 and 20

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, May 1

9-10am, 1st Friday of each month, May 2

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, May 6 and 20

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, May 14

5:15-6:15pm, 3rd Monday, May 19

Free and open to the public.

Grief Support Group

2:30-4pm, 1st and 3rd Thursday, May 1 and 15

Free and open to the public.

Parkinson’s Support Group

1:30-3:30pm, 3rd Thursday, May 15

Free and open to the public.

Social Activities

These activities are free for social members

Updated 4/29/2025

We will be closed Monday, May 26. We will reopen Tuesday, May 27 @ 5:30am.

Cards and Games

Billiards Room: Open during building hours

Bingo Tuesdays

11-11:45am, Tuesdays, May 6, 13, 20, 27

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

(Gathering Space)

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, May 5

Grab a Coffee with Cheryl and Robin. Join us for a relaxed coffee chat and engaging conversation! Let’s talk about:

- **Volunteering:** How you can get involved and make a difference.

- **What’s New in Tech:** Updates and tools to keep you connected.

Sharing Your Hobbies and Talents: Opportunities to showcase your skills and passions. We’d love to hear your ideas and share exciting opportunities!

Cops and Coffee

11am-12pm, 3rd Thursday, May 15

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, May 23

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

May 5: Devin Laiho with Rochester City Lines and Zips Sponsored by Visiting Angels

May 12: Open discussion led by members

May 19: Pernel Meier, Site Coordinator with Community Food Response, will share how they help the community

May 26: 125 LIVE is closed

Music

Friday Concerts

10:30-11:30 am, Fridays

May 2 : Preserves

May 9: Roch Bottomn

May 16: Becca Tesch

May 23: Young at Heart Choir

May 30: Patience and Fortitude

Music Jam Session

1-3pm, Wednesdays

Young at Hearts Choir

10am-12noon, Wednesdays

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

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