



## POTTERY AND ART CLASSES

### CONTINUED: Pottery Wheel - Solutions for Common Beginner's Issues

**Requirements:** Active Wheel Potter.

**Instructor:** Jeff Jones

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

**Register by May 12 OR June 12 respectively.**

### Berry Bowls

**6-7:30pm, Friday, May 16**

Embrace the Vibrant Summer Vibes! Join us for a hands-on workshop where you'll handcraft your very own berry bowl, just in time for the bountiful berry season ahead.

Get your hands dirty as you mold and shape clay into the perfect vessel to showcase and enjoy your freshly picked berries.

**Instructor:** Janelle Forsthoffer

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

**Register by May 14.**

### Multi-Generational Clay Explorers

**10-11am, Sunday, May 18**

Start with 15 minutes of easy-to-follow instructions, then dive into 45 minutes of creative freedom with 1 pound of clay. Whether you're crafting a whimsical sculpture, a unique bowl, or anything your heart desires, this class is all about fun and creativity for everyone in the family. Perfect for sparking creativity and making lasting memories together!

**Instructor:** Julie Forsthoffer

\$10 social member | \$20 fitness & nonmember **(Price is per pair)**

**Register by May 16.**

### 125 LIVE Pottery Social

**5:30-6:30pm, Wednesday, May 21**

Our last Pottery Social for the 2025 year. We will be having a couple of different skills demonstrations. Come learn with us! 125 LIVE will provide drinks. **Free for 125 LIVE social members but sign up required.**

**Register by May 20.**

### Pottery Wheel Refresher – The Basics

**5 - 8pm, Thursday, May 22 OR**

**1-4pm, Monday, June 23**

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. **CONTINUED in the next column**————>

### CONTINUED: POTTERY WHEEL REFRESHER

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 May 21 OR June 22 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.**

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

## SOCIAL CLASSES

### Invisible Visible Presentation with Ed Zirkle

**10-11am, Thursday, May 15**

Don't miss this captivating and thought-provoking presentation by photojournalist Ed Zirkle, who brings over 55 years of experience observing, documenting, and sharing the world through his lens. Ed will share his personal journey and insights on mental health, PTSD from military service, and the healing power of photography. His talk promises to be both informative and deeply inspirational, offering a unique perspective shaped by decades in the field.

**Presenter:** Ed Zirkle- A graduate of The Ohio State University with a BFA in Photography and Cinema, Ed is a member of the Ohio News Photographers Association, the National Press Photographers Association, and Rotarian.

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

**Register by May 14.**

### Member Happy Hour and New Member Welcome

**4:30-6pm, Friday, May 16**

Mark your calendars and come meet new and familiar faces at 125 LIVE. Enjoy a fun-filled evening with games, appetizers, and beverages. Whether you're new to the community or a long-time member, it's the perfect chance to connect and see what our Happy Hour is all about!

**Free** for new members who joined in March or April  
Free social members | \$10 fitness members | \$15 nonmembers

**Register by May 14.**

### Experience the Harmony of "Forever Plaid"

**1pm, Saturday, May 31 OR**

**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 May 30 OR June 16 respectively.**

### 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

### Southern Charm:

**Travel Dates: March 8-14, 2027**

<https://gateway.gocollette.com/link/1340052>

Registration deadline for early bird special: September 08, 2026

### Exploring South Africa, Victoria Falls, Botswana

**Travel Dates: May 5-19, 2027**

<https://gateway.gocollette.com/link/1340043>

Registration deadline for early bird special: August 6, 2026

## 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.

Presenter: 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.

Presenter: Josh Wald-Kerr

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

**Register by May 7.**

### Teach Your Children- The Music and History of Crosby, Stills, Nash and Young 10am-12pm, Friday, May 9

Join Paul as he uses music, lyrics, and photos to tell the story of Crosby Stills Nash and Young.

**CONTINUED in the next column —>**

### CONTINUED: Teach Your Children— The History of Crosby, Stills, and Nash and Young

CSNY was one of the best known and longest lasting rock super groups. Together, separately, and in various combinations they have released about 100 albums. You'll learn about their beginnings from other famous groups and trace their numerous breakups and reconciliations over the years.

Presenter: Paul Koeller, 125 LIVE member

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

**Register by May 8.**

### Rochester Clinic/Lotus Health Foundation Presents: Move Well, Live Well: Managing Arthritis for Better Mobility

#### 10-11:30am, Monday, May 12

May is both Older Americans Month and National Arthritis Awareness Month. Join us to explore effective strategies for managing arthritis through lifestyle medicine. Learn how movement, nutrition, and simple daily practices can reduce joint pain, improve flexibility, and enhance your quality of life. Discover practical tips for staying active and thriving with arthritis.

Presenter: Rochester Clinic

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

**Register by May 11.**

### Travel Options with 125 LIVE and Collette Travel 10-11am, Monday, May 12

Check out our upcoming travel options with 125 LIVE and Collette Travel. You're a traveler with places to go. We'll take care of the details. You embrace the journey. Meet a group of people who share your love of travel. Learn from locals. Forge friendships in the coolest places. There's plenty of time built into our itineraries, plus optional tours, Choice of Tour excursions, and more. It's your trip, your way. You know what you want to see and do - let a team of experts handle all the details, from the must-sees to centrally-located accommodations and local lessons. Don't rush – this is your time to see the world. Get more time in the destination, and enjoy an ideal balance of included excursions and free time.

Presenter: Kate Ganshert

Free and open to the public

**Register by May 11.**

### Medicare 101 6-7pm, Monday, May 12

This class will discuss the different parts of Medicare, deductibles, what's covered, enrollment periods, costs, Medicare Advantage plans, and Medicare Supplements.

**CONTINUED in the next column —>**

## POTTERY AND ART CLASSES

### 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 spring-time joy to your meals, this class is designed for all skill levels and promises a blooming good time!

Instructor: 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.**

### Pottery Wheel - Trimming

#### 10am-12pm, Saturday, May 10 OR 9am-12pm, Wednesday, June 4

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 May 9 OR June 3 respectively.**

### Spin My Clay Right Round

#### 6:45pm-8:45pm, Monday, May 12

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 May 9.**

### Pottery Wheel - Solutions for Common Beginner's Issues

#### 1-4pm, Tuesday, May 13 OR 9am-12pm, Saturday, June 14

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.

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# May-June Events 2025

# May Events 2025

## 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 different body parts. 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.**

### 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, Tuesday, 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

**Register by June 5.**

## SPECIALTY FITNESS CLASSES

### Circuit Training

**7:05-7:50am, Mondays & Fridays, June 2 - 27**

In this class, you will exercise in a circuit-style program that helps target different muscle groups. Rotating through different exercises is an effective way to hit all your muscles and avoid boredom. Circuit training aims to maximize your workout by moving from station to station. Condition your body through resistance, aerobic, and endurance exercises.

Instructor: Katy

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

**Register by June 1.**

### Core Conditioning Fitness Class

**9-9:30am, Mondays & Wednesdays, June 2 - 25**

This class will focus on strengthening your core muscles. We will do standing and floor exercises for your lower back, hips, and abdomen. We will also do a warm-up, strength, light cardio, and stretching exercises.

Instructor: Katy

\$35 fitness member | \$41 social member |

\$55 nonmember

**Register by June 1st.**

### Healthy Hips

**9-9:30am, Tuesdays & Thursdays, June 3- 25**

Having strong hip muscles helps to maintain your posture, improve your balance, stability and range of motion. In this class we will work on a series of exercises that will target the muscles in your hips, glutes, thighs and core. This class will include sitting, standing and floor exercises.

Instructor: Katy Hetland

\$35 fitness member | \$41 social member | \$55 nonmember

**Register by June 2nd.**

### Pickleball Performance

**1-1:45pm, Tuesday and Friday, June 3-27**

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 & 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 & nonmember

**Register by June 5.**

## SOCIAL CLASSES

### CONTINUED: Medicare 101

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. Registration requested.

**Register by May 8.**

### Mayo Clinic Dietetic Talks: How to Fuel Your Body Pre- and Post-Workout

**6-7pm, Monday, May 12**

Join Melissa Gess, a Mayo Clinic dietetic intern, for an informative and dynamic session on fueling your body before and after workouts. Discover the essential nutrients your body needs to maximize energy and enhance performance during exercise. Melissa will delve into optimal pre-workout foods that provide sustained energy and post-workout nutrition that supports muscle recovery and growth. You'll learn practical tips on meal timing, portion sizes, and nutrient combinations, as well as easy-to-make recipes to help you achieve your fitness goals. Whether you're a seasoned athlete or just starting your fitness journey, this class will equip you with the knowledge to nourish your body effectively! Free social member | \$5 fitness member | \$10 non-member

**Register by May 11.**

### Are You Up to Date on Severe Weather Safety?

**10-11am, Tuesday, May 13**

Join Tom, a retired Meteorologist, to learn the latest severe weather safety. What was once taught in school in the 60s and 70s was found to be incorrect. Participants will learn how to "read the sky", and get a refresher course on the different types of clouds and which clouds can rain or storm. In addition, since the National Weather Service has changed how they write their forecasts, Tom will explain what is different and why it's important.

Presenter: Tom Schrader, 125 LIVE member

Free social member | \$5 fitness member | \$10 non-members

**Register by May 12.**

### Forté Open House

**11am-1pm, Tuesday, May 13**

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 May 12.**

### Introduction to Pickleball

**1-2pm, Tuesdays and Thursdays, May 13, 15, 20, 22**

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 May 12.**

### Pickleball 2.0

**2-3pm, Tuesday and Thursday, May 13, 15, 20, 22**

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 May 12.**

### CRC Presents: I've Been Scammed...Now What??

**11am-12pm, Thursday May 15**

It can be distressing to realize you've fallen victim to a scam, but knowing how to react is key to minimizing the damage and protecting yourself moving forward. This class is designed to help seniors navigate the steps to take after being scammed. Whether you've lost money, had your personal information compromised, or been misled in other ways, this class will guide you through the process of recovery. You'll learn how to report scams, protect your finances, recover your identity, and prevent future scams from affecting you.

Instructor: Vince Guerra

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

**Register by May 14.**

### Introduction to Medicare

**12:30-1:30pm, Thursday, May 15**

Who should attend? People who are eligible now or will be eligible for Medicare. People who want to know about the basics of Medicare. Caregivers or supporters of Medicare beneficiaries. People who are interested in learning about Medicare Supplemental Insurance, Medicare Advantage Plans, and Medicare Prescription Drug Plans.

Presenter: John Kelly

Free for 125 LIVE members.

**Register by May 14.**

## SOCIAL CLASSES

### Senior Planet: Messaging Apps

**11:30am-12:30pm, Friday, May 16**

Text messaging has become one of the primary ways we communicate. But did you know that you can send texts over the internet? Learn about the most popular messaging apps that allow you to send texts for free when connected to WiFi. The lecture will go over the features of three widely-used apps: iMessages, Google Chat, and WhatsApp. You'll learn about sending texts and pictures, making voice and video calls, and how these apps keep your messages secure.

Trainer: Chelsie Gaspar

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

**Register by May 13.**

### What's The Difference? Condos, Townhomes and Cooperatives

**10-11am, Saturday, May 17**

As you age, where you call home can change due to various issues. Enroll in this class to learn the differences between condos, townhomes, and cooperatives so that you can find the perfect home for yourself.

Presenter: Jim Miner

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

**Register by May 16.**

### 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 for 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.**

### Senior Planet: Getting to Know Your Smartphone

**11am-12pm, Tuesday, May 20**

Smartphones are full of useful features that can help you make the most of today's digital world. Although all smartphones vary based on their operating system, model, and brand, most of them share the same basic characteristics and function in similar ways. In this workshop, we'll cover some of the essential features and capabilities of your smartphone

Instructor: Chelsie Gaspar

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

**Register by May 15.**

### Managing Low Back Pain & Lumbar Spinal Stenosis

**10-11am, Wednesday, May 21**

Join Dr. Nate Skare for an in-depth presentation on low back pain and lumbar spinal stenosis, a debilitating condition often linked to age-related degeneration of the spine. This presentation aims to increase your understanding of these conditions and provide valuable strategies for managing them and improving your quality of life.

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

**Register by May 16.**

### Homestead Addition - Turning William Worrall Mayo's Farm Into a 1940s Progressive Solar Neighborhood

**1-2pm, Wednesday, May 21**

Southeast Rochester is home to a unique neighborhood named Homestead Addition. Originally this area was a farm owned by William Worrall Mayo, and with his wife, they raised their sons Will and Charlie there. In the 1940s, Mayo Properties developed it into a progressive neighborhood that even incorporated passive solar. All of the streets are named for people associated with the Mayo family. You'll learn the fascinating history of the neighborhood as well as Mayo history. The presenter, Paul Koeller lived in the neighborhood from 1977 to 1986.

Instructor: Paul Koeller, 125 LIVE Member

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

**Register by May 20.**

### Tech Talk with T-Mobile

**11:30am-1:30pm, Thursday, May 22**

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.

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

**Register by May 21.**

### Now You Want to Travel

**1-2:30pm, Thursday, May 22**

Join us for this session on travel, which will give you the tools, resources, and knowledge to start the planning process. We will discuss resources for transportation, lodging, itineraries, and budgets. We will also discuss organizational checklists and packing options.

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## SOCIAL CLASSES

### CONTINUED: Now You Want to Travel

If you are new to travel or have been traveling, this class will provide information and discussion to make your goal of becoming a traveler, not just a tourist, a reality.

Presenter: Amy Eisinger

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

**Register by May 20.**

### Olmsted Medical Center Presentation: Prolapse and Urinary Incontinence

**11am-12pm, Tuesday, May 27**

Urinary incontinence and bladder prolapse are common issues for women as they age. In this presentation, Dr. Klingele will share information and solutions for these issues, helping you to improve and continue normally with your daily life.

Presenter: Dr. Chris Klingele, Urogynecologist

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

**Register by May 22.**

### Senior Planet: Digital Tools for Brain Health

**12:30-1:30pm, Tuesday, May 27**

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 May 22.**

### How to Get Top Dollar For Your Home

**12-1pm, Wednesday, May 28**

In this class, Laurie will cover what buyers are looking for in their next home. What changes, updates and repairs to make within your budget. Also, what improvements will get you the best return on your investment.

Presenter: Laurie Mangen, Keller Williams

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

**Register by May 27.**

### Ballet Rochester Performance

**6:30-7:30pm, Thursday, May 29**

Since the beginning of the year, we have seen the ballet dancers come and go throughout the building. Now, we have the honor of seeing all of their hard work in action. **CONTINUED IN THE NEXT COLUMN** →

### CONTINUED: Ballet Rochester Performance

Please join us for an evening of ballet as the dancers of Ballet Rochester share their talent with us.

Free for 125 LIVE members.

**Register by May 27.**

### "Saving Claire" Documentary

**11:30-12:30pm, Friday, May 30**

Following the Friday Concert, stay for the documentary "Saving Claire". This documentary tells the story of Linda Goldman. It follows Linda, and her creation Claire, as the film explores the complex nature of aging, how people resist change, and the patterns that increase the risk of falling. This innovative event features a ground-breaking documentary that will engage and empower audiences. It provides actionable steps to improve lives and reduce risks. Sponsored by Home Instead.

Free for 125 LIVE members. **No registration necessary.**

### WHW Physical Therapy Presents: Play Smart- Injury Prevention for Pickleball

**12-1pm, Tuesday, June 3**

Join us for an informative and practical workshop led by Dr. Hannah Borup PT from WHW Physical Therapy, designed to help pickleball players of all levels prevent injuries and stay in the game longer. Whether you're a seasoned pro or just starting, this session will cover the most common injuries in pickleball and provide you with expert strategies to avoid them. Don't miss this opportunity to learn valuable techniques that will enhance your performance and keep you safe while enjoying the game!

Instructor: Dr. Hannah Borup

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

**Register by June 2.**

### 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.**