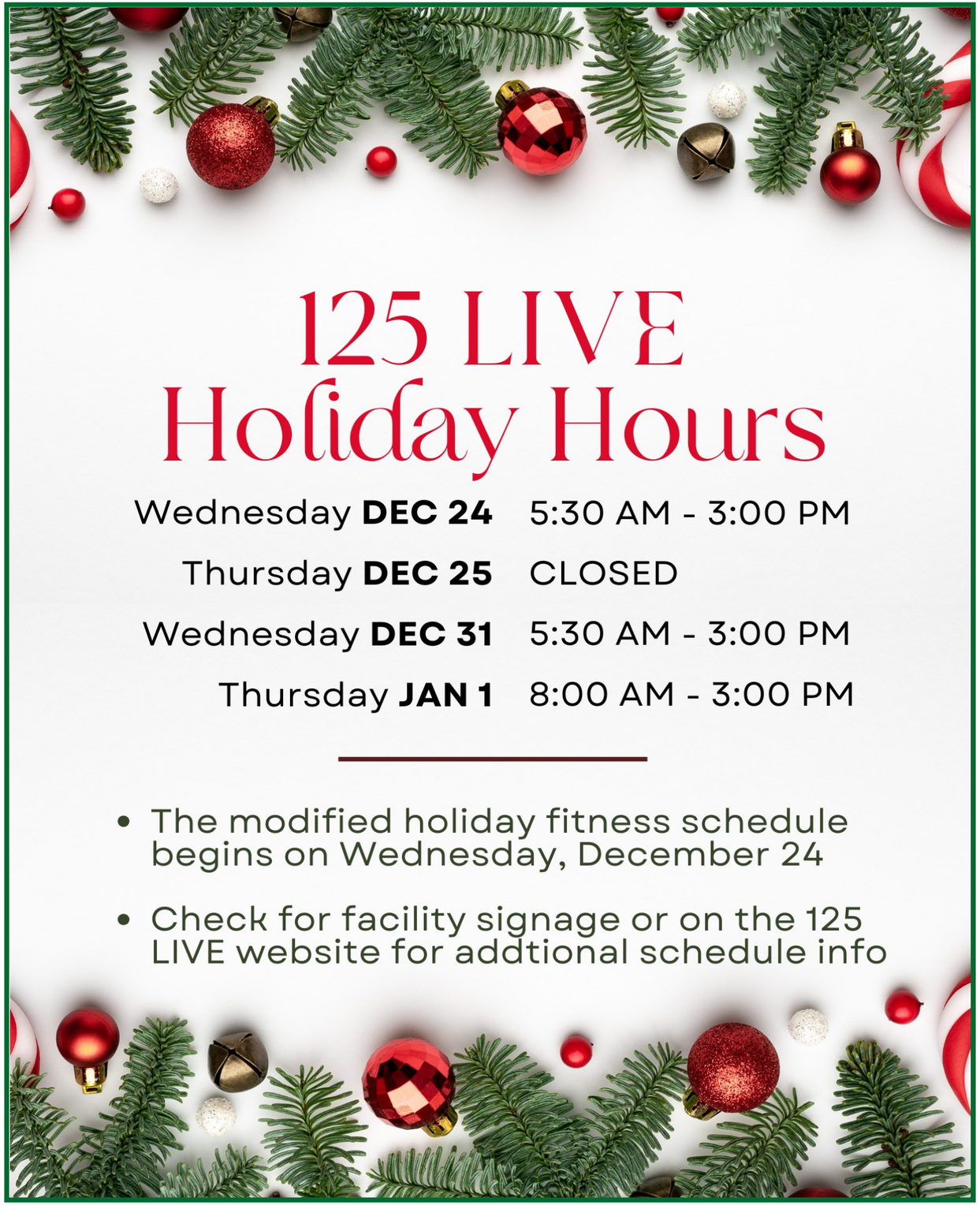

December 24: 5:30 AM—3 PM | December 25: CLOSED
December 31: 5:30 AM—3 PM | January 1: 8 AM—3 PM

SOCIAL CLASSES

125 LIVE Holiday Gift Fair
9am-2pm, Thursday, December 11
It is that time of year again, when we will be hosting our annual holiday gift fair. We have OVER 40 vendors, Santa and Mrs. Claus, lunch to purchase from Novios Café, also Bunnie cake to purchase and live holiday music to enjoy. Free and open to the public.

Holiday Celebration Lunch and Live Music
12-2pm, Friday, December 19
12-12:30pm: Music from Uptown Jazz
12:30pm: Lunch served
1-2pm: Music continued from Uptown Jazz
Join us for a joyful holiday gathering filled with good music, great company, and delicious food. Enjoy live holiday music from *Uptown Jazz*, mingle with friends old and new, and indulge in a festive lunch followed by a sweet dessert. We look forward to celebrating the season together!
$5 social member | $10 fitness member | $20 nonmember
Registration by December 14.

New Year Celebration + Live Music
6-8pm, Friday, January 16
The New Year is here—and the celebration is just getting started! Join us as we raise a toast to friendships, fresh beginnings, and the successes waiting for us in 2026. The evening will feature light refreshments and live music by the local band *Soul Train*, whose upbeat tunes will help set the tone for a fun and memorable night.
$10 social member | $15 fitness member | $20 nonmember
Register by January 12.

Member Happy Hour and New Member Welcome
4:30-6pm, Friday, January 30
Mark your calendars and come mingle with new and familiar faces at 125 LIVE! For this month's happy hour, we're handing the mic to one of our own fitness instructors, Tamsin, who will be hosting a high-energy trivia night. Tamsin is a huge trivia enthusiast, so get ready for creative questions, good laughs, and a great time.
Free for new members who joined in November or December.
Free social member | $10 fitness member | $15 nonmember
Register by January 29.

Valentine's Celebration + Live Music
5-8pm, Friday, February 20
To celebrate Valentine's Day, we're excited to welcome *Hard Day's Night*—a Beatles tribute band you won't want to miss. Gather your friends, spouse, or partner and enjoy a delicious catered meal, followed by an evening of timeless Beatles classics.
$20 social member | $25 fitness member | $30 nonmember
Register by February 16.

Note About the Music for the Following Events:
125 LIVE Holiday Gift Fair, Holiday Celebration Lunch and Live Music, New Year Celebration and Live Music, and Valentine's Celebration and Live Music

These activities are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the art and cultural heritage fund.

MINNESOTA STATE ARTS BOARD
CLEAN WATER LAND & LEGACY AMENDMENT

National Hug Day at 125 LIVE
January 1 - January 21
January 21 is National Hug Day—and what better way to celebrate than by sharing warmth! This year, we're collecting new winter hats, mittens, and scarves to help those in need. Your donation is a simple way to give someone a cozy "hug" during the cold winter months. Drop your items in the collection bins at 125 LIVE by January 21. As a thank you, on January 21, you can also enjoy a warm cup of cocoa, tea, or coffee. Hug a friend, hug a mug, and help us spread kindness and warmth throughout our community.

125 LIVE Member Appreciation
8-10am, Thursday, January 1
Join us for a morning of fun featuring a coffee bar and an exciting lineup of fitness classes designed for all levels and abilities. Come celebrate with us, connect with the community, and start the year feeling energized!

December Events 2025

SOCIAL CLASSES

New Rules in Real Estate
10-11am, Tuesday, December 2
Most people will buy or sell residential property sometime in their life. Did you know 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 December 1.

Let's Discuss Mobility with Dr. Curran
10-11am, Wednesday, December 3
Welcome Dr. Curran to 125 LIVE. He will talk about mobility and how it applies to knees and ankles. 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 December 2.

Senior Planet: Sharing Photos-Android Smartphone
11-12:30 pm, Wednesday, December 3
In this hands-on workshop, you will practice several methods for sharing photos using an Android smartphone Learn how to share photos via text messages and email directly from your phone. The workshop will also cover how to share photos on social media apps like Facebook and Instragram. Pre-requisites: Bring your fully charged Android phone to class. Android phones come in a wide variety of types. Popular types include Samsun Galaxy S Series (e.g., S25 Ultra, S24+), Google Pixel series (e.g., Pixel 9 Pro, Pixel 9A) and foldable phones like the Samsung Galaxy Z Flip6 and Z Folds6.
Trainer: Ken Zaiken
$5 social member | $10 fitness member | $20 nonmember
Register by December 2.

Flipping the Script on Aging: Life Lists
1-2pm, Thursday, December 4
Join the Edenbrook team for meaningful conversations about life and how to live it fully—through every season of life. Ever feel like you're just going through the motions? *Life List* is your invitation to pause, reflect, and re-engage with what matters most. Discover what a Life List is, how it works, and how it can help you live with intention, purpose, and joy.
Presenter: Edenbrook
Free social member | $5 fitness member | $10 nonmember
Register by December 2.

Senior Planet: Streaming & Smart TVs
11am-12 pm, Thursday, December 4
Every day, more and more people are "cutting the cord" and canceling their cable subscriptions. Instead, they're using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the internet on your television.
Trainer: Ken Zaiken
$5 social member | $10 fitness member | $20 nonmember
Register by December 3.

The History and Music of Fleetwood Mac
1-3pm, Thursday, December 4
Dive into the rich history and music of Fleetwood Mac, from their early blues roots to their most recent releases. Explore the band's evolving lineup, legendary breakups and reunions, and get to know the personalities behind the music through stories, songs, and sound.
Presenter: Paul Koeller, Member
Free social member | $5 fitness member | $10 nonmember
Register by December 3.

Friday USA Dance Series - Rumba, Foxtrot
11:00 – 11:55 AM, December 5, 12, 19
Join us each Friday for a fun, welcoming dance class led by USA Dance. Learn a new dance style every two weeks—perfect for beginners or anyone looking to polish their moves. No partner needed—just come ready to dance and have a great time!
Friday USA Dance Series Styles:
Dec 5 – Rumba Dec 12 & 19 - Foxtrot
$5 for 125 LIVE and USA Dance member | $10 for non-members **Pre-registration is preferred. Walk-ins are welcome but must purchase a ticket at the front desk upon arrival and show a receipt to attend class.**

Holiday Week Activities Schedule:

December 24: 5:30 AM—3:00 PM (early close)
- Modified holiday fitness schedule begins
- Rec Center Pickleball Closed through January 4, 2026
- Morning 50-Meter Pool **Available** (7-9 AM)
- Afternoon 50-Meter Pool **Available** (1:15—**2:45 PM**)

December 25: Facility Closed

December 26: 5:30 AM—9:00 PM (standard hours)
- No Friday Concert
- All other activities as scheduled

December 27—December 30: Standard Hours
- All activities as scheduled

December 31: 5:30 AM—3:00 PM (early close)
- Morning 50-Meter Pool **Available** (7-9 AM)
- Afternoon 50-Meter Pool **Available** (1:15—**2:45 PM**)

January 1: 8:00 AM—3:00 PM (modified hours)
- Morning 50-Meter Pool **Closed** (7-9 AM)
- Afternoon 50-Meter Pool **Available** (1:15—**2:45 PM**)
- All other activities as scheduled until close at 3:00 PM

UPCOMING SPECIAL MUSICAL EVENTS

DEC 11, 2025
125 LIVE HOLIDAY GIFT FAIR
LIVE MUSIC
11AM-1PM

DEC 19, 2025
HOLIDAY LUNCH & MUSIC
UPTOWN JAZZ
12-2PM

JAN 16, 2026
NEW YEARS CELEBRATION
SOUL TRAIN
5-8PM

FEB 20, 2026
VALENTINE'S DAY CELEBRATION
HARD DAY'S NIGHT
5-8PM

MARCH 13, 2026
ST. PATRICK'S DAY CELEBRATION
CALEDONIAN PIPE BAND
10:30AM-12:30PM

MINNESOTA STATE ARTS BOARD

CLEAN WATER LAND & LEGACY AMENDMENT

These activities are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the art and cultural heritage fund.

FOR EVENT INFORMATION:
125livemn.org | 507-287-1404

December Events 2025

SOCIAL CLASSES

Senior Planet: Online Shopping
11am-12:30pm, Friday, December 5
Online shopping lets you buy products on the internet from your computer and have them shipped to your home or anywhere! Online stores often have larger inventories and lower prices, so you can quickly find the best deal. This lecture will provide a general introduction to shopping online using the popular website Amazon.com. You'll learn how to search for products, make comparisons, and add items to an online shopping cart.
Trainer: Chelsie Gaspar
$5 social member | $10 fitness member |$20 nonmember
Register by December 3.

Mindful Holidays: Enjoy the Season Without Harming Your Health
10-11:30am, Monday, December 8
The holidays are a time of celebration, but they can also bring stress, overindulgence, and disruption to healthy routines. This session offers practical tips to help you stay grounded, nourish your body, and care for your well-being during the festive season. Learn how mindful eating, intentional movement, and simple self-care practices can help you enjoy the holidays without compromising your health or energy.
Presenter: Rochester Clinic/Lotus Health Foundation
Free social member | $5 fitness member | $10 nonmember
Register by December 5.

Forté Open House
11am-1pm, Tuesday, December 9
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 December 8.

Debunking Myths of Estate Planning
2:15-3:15pm, Tuesday, December 9
Think estate planning is just for the wealthy? Think again. In this class, we'll cut through the confusion and tackle the biggest misconceptions, especially the ones that trip up Minnesotans. Walk away with the facts, not the fluff, and get clear on what you really need to know to protect your legacy.
Presenter: Jen Gumbel, Wagner Oehler, LTD
Free social member | $5 fitness member | $10 nonmember
Register by December 7.

Harmony for the Holidays: A Night of Holiday Cheer
7-8pm, Tuesday, December 9
Join the Zumbro Valley Chorus for an evening of festive music. Please bring a can good donation in lieu of an entrance fee.
No registration required.

Is It Time to Start Traveling - Part 2
10-11:30am, Wednesday, December 10
"Whether you're new to travel or looking to expand your knowledge—locally, nationally, or internationally—this two-part series offers valuable tips and resources to help you prepare for your next adventure."
Session 2: Packing the Suitcase- Information and travel list including clothes, banking, travel insurance, and medications.
Presenter: Amy Eisinger
Free social member | $5 fitness member | $10 nonmember
Register by December 8.

Senior Planet: Intro to Managing Privacy
11am-12:00pm, Wednesday, December 10
Concerned about privacy? Unsure about accepting cookies? Come learn about some essential privacy tips! In this introductory lecture, we'll review how ads target us online, how to limit tracking, where to find browser settings and extensions to better control how our information is shared. We'll also discuss some of the key features of password managers and why they're a safe and secure option.
Instructor: Mary Haugen
$5 social member | $10 fitness member |$20 nonmember
Register by December 9.

Enchanted Winter Formal with USA Dance
7-10:30pm, Saturday, December 13
Dance and lesson will be held in the River Room of 125 LIVE! Enter building through main doors and follow signs for USA Dance. The River Room will be on the right side. Beverages and concessions available for purchase, or BYOW - a fillable water station is available near the River Room. Open to the public ~ Couples and singles of all ages welcome!
7PM – Doors Open
7:30 Dance Lesson
8:30 – 9:30 Social Dance
9:30 Group Dances & Social Dance
Presenter: USA Dance
General Admission:
$10 per person
USA Dance Members and 125 LIVE members $8 per person | Students under age 25 (With ID) $5
NO REGISTRATION REQUIRED. Please arrive and pay at entrance of the event.

December 2025-January 2026 Events

SOCIAL CLASSES

Selling Your Home in 2025
10-11am, Saturday, December 13
You have decided it is time to sell your home but are looking for information on how to do that successfully. Join Jim for his class to gain valuable information on what to consider when selling our home.
Instructor: Jim Miner
Free social members | $5 fitness members | $10 nonmembers
Register by December 12.

Olmsted Medical Center Presents: Developing a Self-Care Mindset to Manage Stress in Daily Life
10-11am, Monday, December 15
Join Sarah Jerde to learn how to develop a self-care mindset to manage daily stress.
1. Participants will name at least two self-care actions and identify at least two techniques to incorporate self-care into their daily life.
2. Participants will identify two types of stress and identify four symptoms of stress.
3. Participants will recognize the role of judgement in our level of stress and demonstrate shifting judgement from negative to positive.
4. Participants will identify three principles of a mindset of self-care.

Presenter: Sarah Jerde, Dually Board Certified Physician Assistant (PA-C) and Health and Wellness Coach (NBC-HWC)
Free social member | $5 fitness member | $10 nonmember
Register by December 11.

Recital and Showcase Featuring the Students of Vivian Lark
2pm, Sunday, December 21
Spend a relaxing Sunday afternoon enjoying piano performances by the talented students of Vivian Lark.
Free for 125 LIVE members. **No registration required.**

AARP Driver Safety
9am-1pm, Tuesday, January 6
Take the AARP Smart DriverTM 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 ones safe on the road.
Instructor: Steve Sturm, AARP
$30 social member | $35 fitness & nonmember
Register by January 8.

Where Do I Go Now? Housing Alternatives
10-11am, Tuesday, January 6
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 January 5.

Secure Your Legacy: A Will, Trust, and Probate Crash Course
6-7pm, Wednesday, January 7 *OR*
6-7pm, Wednesday, January 28
Are you tired of leaving your family's future to chance? Keep the government and the courts from dictating how your assets are distributed. Take control of your legacy with our Will, Trust, and Probate class. Join us and start building your legacy today!
All are welcome! $100 off will or trust for 125 Live Members
Presenter: Yanowitz Law Firm
Free for social members | $5 fitness member | $10 nonmember
Register by January 6 or January 27 respectively.

DIY Exercise: Part 1
11am-12pm, Thursday, January 8
Are you struggling to get started with a new exercise program? Interested in tips and strategies for building consistency? 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 January 6.

CRC Presents: Scam Prevention
11am-12pm, Friday, January 9
Join Vince for a discussion about how to be safe online and avoid scams.
Instructor: Vince Guerra
$5 social member | $10 fitness member | $20 nonmember
Register by January 8.

December Events 2025

SPECIALITY FITNESS CLASSES

M/W Aqua Cycle
8:15-8:45am, Mondays & Wednesdays, December 1-17
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: Maureen
$30 fitness member | $41 social & nonmember
Register by November 26.

Knee Strength
11:15-11:55am, Mondays and Wednesdays, December 1-17
The knees play a crucial role in lower-body movement. Strong knees will reduce the risk of falls and improve functional movements. In this class, we will focus on mobility exercises to improve joint range of motion, balance exercises to enhance stability, and knee-friendly strength exercises to build strong knees for a better quality of life. All fitness levels welcome. Individuals recovering from injury, struggling with arthritis, or just looking to prevent knee issues for the future are encouraged to check this class out.
Instructor: Katy
$35 fitness member | $41 social | $55 nonmember
Register by November 30.

Glutes, Core, & More
4-4:45 pm, Tuesdays, December 2-30
This dynamic class focuses on strengthening and sculpting the glutes, core, and additional muscle groups for a well-rounded workout experience. You will build endurance, enhance stability, and improve fitness through targeted exercises and functional movements. Whether you want to tone up or boost performance, this class offers the perfect blend of challenge and support. **Includes floor exercises.**
Trainer: Erika
$18 fitness member | $30 social & nonmember
Register by December 1.

Upper Body Bootcamp
11-11:40am, Tuesdays and Thursday, December 2-18
Targeted upper-body training that builds muscle, improves posture, and boosts functional strength. This will be an athletic-style bootcamp that challenges your shoulders, back, chest, and arms through dynamic strength and conditioning.
Instructor: Kris
$35 fitness member | $41 social member | $55 nonmember
Register by Dec 1.

Strong Bones
1:00-1:40pm, Tuesdays & Thursdays, December 4-23
This class will focus on upper body strength exercises to build strength, tone arms and improve your bone health & skeletal muscle. We will be doing standing and seated exercises, no floor work.
Trainer: Katy
$35 fitness member | $41 social member | $55 nonmember
Register by December 3.

Healthy Hips
9-9:40 am, Tuesdays & Thursdays, December 4-23
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 targeting the muscles in your hips, glutes, thighs, and core. This class will include sitting, standing, and floor exercises.
$35 fitness member| $41 social member | $55 nonmember
Instructor: Katy Hetland
Register by December 3.

Mindfulness Yoga Retreat
10-10:45am, Saturday, December 13
Unwind and reconnect during this Mindfulness Yoga Retreat class designed to calm the mind and restore the body. Through gentle movement, guided meditation, and deep breathing, you'll cultivate inner peace and presence on and off the mat.
Instructor: Nora
Free fitness member | $10 social & nonmember
Register by December 12.

January Events 2026

ART AND POTTERY CLASSES

Tumblers To Go!
6:30-8pm Thursday Jan 8 & 22
Join us for "Tumblers To Go"! In this two-day pottery class, you'll shape your own tumbler cup on the first day and return the next to paint and personalize it. A fun way to create a custom tumbler you'll be proud to take home!
Artist: Anna Glenski-Kjose
$65 social member | $78 fitness & nonmember
Register by January 4.

Moon & Star Dish
10-11am, Wednesdays, January 14 & 21
Create a charming moon & star trinket dish in this two-day class! Hand-build your design on day one, then return to paint and personalize it. All materials included!
Artist: Anna Glenski-Kjose
$45 social member | $57 fitness & nonmember
Register by January 11.

Clay Fairy Door
1-2:30pm, Tuesday, January 20
In this class, you will use air-dry modeling clay to sculpt a whimsical fairy door for your garden or inside your home.
Instructor: Casandra Garcia
$40 social member | $52 fitness & nonmember
Register by January 18.

Watercolor Techniques
6-8pm, Wednesday, January 21
This class is designed for students who want to learn watercolor techniques beyond the basic wash. I will provide each student with a drawing to paint, and together we will explore various fun methods of working with watercolor. My goal is to keep it as simple as possible. Paint, paper with a design, brushes, and water cups will be supplied.
Instructor: Barbara Schwenk
$25 social member l $36 fitness & nonmember
Register by January 19.

Covered Mug
5:30-7:30pm, Wednesday, January 21 *OR*
1-3pm, Thursday January 22
This mug comes with a lid. You won't need to go looking for a place to put your tea bag or cookie. It's not a travel mug, but something to cozy up with indoors during these cold winter months. Mugs will be built during class and glazed by the instructor. You will receive an email when it is ready for pick up.
Instructor: Carolyn Real
$45 social member | $57 fitness & nonmember
Register by January 18.

Intro to Wheel Part I
10am-12pm, Fridays, January 30, February 6, 13, 20
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: Carolyn Real
$100 social members | $115 fitness & nonmembers
Register by January 28.

January Events 2026

SOCIAL CLASSES

Introduction to Pickleball
1-2pm, January 12, 13, 14, and 15
Join the pickleball craze and embark on a 4-week 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 January 8.

Pickleball 2.0
2-3pm, January 12, 13, 14, and 15
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 January 8.

Mayo Clinic Dietetic Talks: Reading Nutrition Labels
Monday, January 12, 6-7pm
Join Kelli Kirkley, dietetic intern at Mayo Clinic, for an in-depth how-to on reading nutrition labels. Kelli will go over the different areas of the nutrition label, what to look for, and what it all means. She will explore areas of focus depending on your own health goals and go over any questions you may have. By the end of this presentation, you will be a pro at reading nutrition labels, and be more confident in buying and consuming products!
Presenter: Kelli Kirkley, Mayo Clinic Intern
Free social Member | $5 Fitness |$10 nonmember
Register by January 9.

AARP Driver Safety
9am-1pm, Tuesday, January 13
Take the AARP Smart DriverTM 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 ones safe on the road.
Instructor: Steve Sturm, AARP
$30 social member | $35 fitness & nonmember
Register by January 8.

Nutrition Strategies for Joint, Muscle, & Bone Health
10-11am, Wednesday, January 21
Join Dr. Nate Skare on how our modern diets can trigger chronic inflammation, facilitating accelerated aging, compromised immune systems, and deterioration in joint health. We will explore how to prevent these issues to live a longer, healthier life through optimal nutrition choices.
Free social member | $5 fitness member | $10 nonmember
Register by January 20.

Historic Adventure & Travel: 2026 Travel Adventure Review!
2-3pm, Wednesday, January 14
Join us for a fun and informative session as we explore the exciting travel opportunities planned for 2026. This presentation will highlight upcoming historic and cultural travel adventures, provide a sneak peek at featured destinations, and offer insights into what makes each experience unique. Whether you're considering a future trip or simply enjoy learning about travel and history, this session is a great way to start the new year with inspiration.
Presenter: John Grabko, Historic Adventure & Travel Tours
Free 125 LIVE member | $10 nonmember
Register by January 13.

Continuum Financial Presents: Reimagining Retirement
10-11am, Thursday, January 15
This presentation explores the many different stages of retirement, as well as practical methods to take to create a retirement that feels truly meaningful and fulfilling.
Presenter: Aaron Thurow
Free social member | $5 fitness member | $10 nonmember
Register by January 14

DIY Exercise: Part 2
11am-12pm, Thursday, January 15
Are you running into plateaus in your exercise routines? Interested in tips and strategies for working through them? Join Dr. Josh Wald-Kerr to learn more about exercise types, health benefits, and tips for building lifelong exercise into your regular routine!
Instructor: Dr. Josh Wald-Kerr
Free social member | $5 fitness member | $10 nonmember
Register by January 13

January Events 2026

SOCIAL CLASSES

What's The Difference? Condos, Townhomes and Cooperatives

10-11am, Saturday, January 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 member | $5 fitness member | $10 nonmember
Register by January 16.

Ride, Relax, and Explore – Motor Coach Adventures Await!

10-11am, Tuesday, January 20 *OR*
6-7 Thursday January 22
Join us for a special session where you can tour the motorcoach, learn about the upcoming 2026 travel dates, and get an inside look at our fun-filled motor coach tours and day trips. Travel in comfort aboard our deluxe coaches as we visit scenic locations, cultural landmarks, and lively events. Enjoy expertly planned itineraries, friendly guides, and the opportunity to meet new friends along the way. Whether it's a peaceful countryside escape or an exciting city adventure, these trips offer enriching experiences without the hassle. You'll also have the chance to ask questions, learn more about each tour, and sign up for our 2026 adventures
Presenter: Hank Smith, Ride with Star Charters & Tours
Register by January 19 *OR* January 21 respectively.

Our Old Money: Coins and Currency

Tuesday, January 27
9:30–10:00am: Meet and Greet
10:00–11:30am: Presentation
Join Gary for an engaging and enjoyable session exploring fascinating coins and paper currency. You'll uncover little-known facts about money and reminisce about years past. Feel free to bring any coins or old currency you have—Gary will be happy to chat about them!
Presenter: Gary Kruesel
Free social member | $5 fitness member |$10 nonmember
Register by January 26.

"Saving Claire" Documentary

11:30am-12:30pm, Wednesday, January 28
Come to this free event for 125 LIVE members to watch 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 and Above and Beyond Services
Free for 125 LIVE members.
Register for January 27.

Senior Housing Options

12-1 pm, Thursday, January 22
Are you thinking about downsizing from your home and confused about all the options available to you based on your lifestyle? Whether you are moving now or 2 years from now, this class will introduce you to the types of housing available in SE MN. You will learn the difference between co-ops, retirement communities, residential housing, and the costs associated with each option.
Presenter: Laurie Mangen, Keller Williams
Free social member | $5 fitness member | $10 nonmember
Register by January 21.

Exploring the Wines of Eastern Europe

3:30-5pm, Saturday, January 31
We will explore wines from the ancient growing regions of Hungary, Austria, Slovenia and other Eastern European countries. We will taste wine and learn how ancient wine making techniques are still relevant today.
Whether you're hosting or bringing a gift, this guide will help you select the perfect wines to please a variety of palates. We'll also explore wine and food pairings to elevate your experience. Light snacks provided.
Wine only served to 21+ with ID.
Instructor: Autumn Gilliam
$25 social member | $36 fitness & nonmember
Register by January 24.

December 2025 -January 2026 Events

ART AND POTTERY CLASSES

Winter Luminary Ceramic Tree

6-7:30pm Thursday, December 4
Create a magical, glowing winter decoration in this ceramic luminary tree class. Using hand-building techniques you will sculpt and carve your own tree designed to hold a candle or LED light inside. Perfect for holiday decor or a cozy winter ambiance. (All skill levels)
Instructor: Janelle Forsthoffer
$45 social member | $57 fitness & nonmember
Register by December 3.

Multi Generational: Hot Cocoa & Ornaments

10-11am, Saturday, December 6
Join us for a cozy pottery class for all ages! You'll create a handmade tree ornament while enjoying a warm cup of hot cocoa. It's the perfect way to get into the holiday spirit and make a special keepsake to take home!
Instructor: Anna Glenski-Kjose
$25 social member | $36 fitness & nonmember
(Price is for 1 adult and 1 child)
Register by December 2.

Intermediate Macrame Class- Choose Your Own Piece to Create

2-5pm, Monday, December 8
In this session, you'll build on the knotting techniques you've already learned to create a larger, personalized piece of your choice. Joy will be there to guide you and answer any questions along the way. Choose your rope color and design — whether it's a stylish wreath, a charming mason jar topper, or a unique wall hanging. By the end of the class, you'll have a beautiful, finished piece to take home that same night. Don't miss this opportunity to craft an on-trend décor item — perfect for your home or as a thoughtful handmade gift this holiday season! **Requirement:** Beginner Macrame Class offered on November 14.
Instructor: Joy Terrell, 125 LIVE Member
$15 social member | $26 fitness & nonmember
Register by December 4.

A Muddy Date Night

4-5:30pm, Saturday, December 13 *OR*
7:30-9pm, Saturday, December 13
Indulge in a romantic evening of clay and creativity! Bring your partner for a memorable night of clay-filled fun and artistic expression. Our expert instructors will guide you through the pottery-making process, ensuring a fun and relaxed atmosphere throughout the evening. Unleash your creativity, bond with your loved one, and take home unique pottery pieces as a lasting memento of your muddy date night experience. Alcohol is only served to those 21+ with an ID. Price is per person.
Instructor: Anna Glenski-Kjose
$45 social member | $57 fitness & nonmember
Register by December 10.

DIY Lino Dala Horse Stamp

1-2:30pm, Tuesday, December 16
In this creative twist on traditional dala horse design, your instructor will show you how to carve a lino stamp for use on a variety of surfaces.
Instructor: Casandra Garcia
$50 social member | $62 fitness & nonmembers
Register by December 14.

Watercolor Techniques

6:00 - 8:00pm, Wednesday, December 17
This class is designed for students who want to learn watercolor techniques beyond the basic wash. I will provide each student with a drawing to paint, and together we will explore various fun methods of working with watercolor. My goal is to keep it as simple as possible. Paint, paper with a design, brushes, and water cups will be supplied.
4 participants minimum l 12 participants maximum
Instructor: Barbara Schwenk
$25 social l $36 fitness & nonmember
Register by December 15.

Winter Birch Tree Painting Class

1-3pm, Wednesday, January 7
Unleash your creativity as you paint a serene winter birch tree scene on an 11" x 14" canvas. This guided class is perfect for all skill levels—whether you're a beginner or a seasoned painter, you'll enjoy bringing your own personal flair to the artwork. All supplies are included.
Instructor: Pennie Eisenbeis
$25 social member | $36 fitness & nonmember
Register by January 5.