VALENTINE'S DAY CELEBRATION

5PM, FRIDAY, FEBRUARY 20

Catered Dinner + Live Music From

Hard Day's Night

Desserts sponsored by

Emerald Financial Group - Thrivent

***$20 SOCIAL MEMBER**
***$25 FITNESS MEMBER**
***$30 NONMEMBER**

REGISTER BY FEBRUARY 16

During the winter months, food pantries are often low in supplies. Please consider donating to the 125 LIVE Food Pantry.

Emerald Financial Group

thrivent

CLEAN WATER LAND & LEGACY AMENDMENT

ABOUT THE MUSIC:
THESE ACTIVITIES ARE MADE POSSIBLE BY THE VOTERS OF MINNESOTA THROUGH A GRANT FROM THE MINNESOTA STATE ARTS BOARD, THANKS TO A LEGISLATIVE APPROPORATION FROM THE ART AND CULTURAL HERITAGE FUND.

MINNESOTA STATE ARTS BOARD

January 2026 Events

125LIVEMN.ORG | 507-287-1404
info@125livemn.org

Updated 12/29/25

We will be open January 1 from 8am to 3pm. Regular hours resume January 2.

SOCIAL CLASSES

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.

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.

St. Patrick's Day Celebration and Lunch
10:30am-12:30pm, Friday, March 13
They're back!!!!! The Caledonian Pipe Band is returning for the 4th year, to rock the building with their fabulous bagpipe talents. Enjoy a loud, but very entertaining morning, followed by lunch. Given the high demand for this event, we kindly request that if you are unable to attend, please notify us in advance. This allows us to accommodate others who may wish to take your place. Register early as this is a very popular event, and you may want to bring earplugs!!!
Free social member | $20 fitness member | $30 nonmember
Register by March 10.

Note About the Music for the Following Events:
New Year Celebration and Live Music, and Valentine's Celebration and Live Music, and St. Patrick's Day Celebration and Lunch
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

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!
Free and open to the public. No registration required.

National Hug Day- Winter Hat, Mittens and Scarves Collection
January 1 - January 21
January 21 is National Hug Day—and what better way to celebrate than by sharing warmth! This year, from January 1- January 21 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 anytime between January 1-January 21 at 125 LIVE. Also on January 21, as a thank you, you can enjoy a warm cup of cocoa, tea, or coffee. We will then donate our collection of warm winter accessories to local groups. Hug a friend, hug a mug, and help us spread kindness and warmth throughout our community. **Beverage free for 125 LIVE Members who donate. No registration.**

WSU Hand Massage & Blood Pressure Checks
11 am-1pm, Tuesdays, January 27- April 21
Join us for a visit from the WSU team. You can receive complimentary blood pressure checks and hand massages while chatting with students about various 5-minute educational topics. Explore informative pamphlets on health and wellness to learn more about managing your blood pressure and overall health.
Free for 125 LIVE members
NO registration required

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.

January Events 2026

SOCIAL CLASSES

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.

Senior Planet: Digital Tools for Brain Health
11am-12:15pm, Thursday, January 8
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 January 7.

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.

"Reset Your Metabolism: Insulin Resistance & Whole Person Health for the New Year"
10-11:30am, Monday, January 12
As we age, many common issues—fatigue, weight gain, memory changes, slow healing, and diabetes—can be linked to insulin resistance, a condition that often goes unnoticed but is highly reversible. Dr. Jengyu Lai from Rochester Clinic will explain in simple, easy-to-understand terms what insulin does, what insulin resistance means, and why it becomes more common later in life. Participants will learn practical, everyday steps to improve insulin sensitivity through food choices, gentle movement, better sleep, and stress reduction. The talk will also highlight the important role of foot and ankle strength, balance, and circulation in maintaining metabolism, preventing falls, and supporting overall wellness. This uplifting, empowering session is designed to help older adults take control of their health with small, achievable changes that make a big difference.
Mei will showcase simple tips for preparing five-star, gourmet, nutrient-dense dishes using humble ingredients to help maintain a healthy weight. These dishes will also be packed with high-quality plant-based protein and essential micronutrients to support muscle mass and overall vitality.
Presenter: Rochester Clinic/Lotus Health Foundation
Free social member | $5 fitness member | $10 nonmember
Register by January 9.

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! **Registrants: You will meet in the 125 LIVE Lobby and then walk over to the REC Center Gym.**
Instructor: Angie Tauscher
$75 125 LIVE member | $89 nonmember
Register by January 8.

NEW YEAR'S CELEBRATION

6 PM, FRIDAY, JANUARY 16

Light Refreshments + Live Music From

SOUL TRAIN

***10 SOCIAL MEMBER**
***$15 FITNESS MEMBER**
***$20 NONMEMBER**

REGISTER BY JANUARY 12

CLEAN WATER LAND & LEGACY AMENDMENT
MINNESOTA STATE ARTS BOARD

ABOUT THE MUSIC:
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UPCOMING SPECIAL MUSICAL EVENTS

125 LIVE

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

MARCH 20, 2026
HAPPY HOUR & NEW MEMBER WELCOME
MARK BILLY, INDIGENOUS (CHOCTAW TRIBE) BARITONE/ CLARINETIST/ CEDAR FLUTIST
4:30-6PM

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

January Events 2026

SOCIAL CLASSES

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. **Registrants: You will meet in the REC Center Gym, the instructor is finishing up another class.**
Instructor: Angie Tauscher
$75 125 LIVE member | $89 nonmember
Register by January 8.

Mayo Clinic Dietetic Talks: Reading Nutrition Labels
6-7pm, Monday, January 12
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 11.

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.

Forté Open House
11am-1pm, Tuesday, January 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 January 12.

Senior Planet: Streaming & Smart TVs
11am-12pm, Wednesday, January 14
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 let you watch videos online on your television.
Trainer: Ken Zaiken
$5 social member | $10 fitness member | $20 nonmember
Register by January 12.

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.

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, Continuum Financial
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.

SOCIAL CLASSES

Senior Planet: Getting to Know Your iPhone
11am-12:30pm, Thursday, January 15
We'll explore some of the iPhone's common features during this hands-on workshop. You'll learn how to interact with the touchscreen, access important controls, and search for specific settings. We'll also cover some tips and best practices for securing and maintain your device. Please note that this workshop focuses on specific smartphone features and will not cover every smartphone questions. **Pre-requisites:** Participants should bring their iPhone fully charged to class.
Trainer: Chelsie Gaspar
$5 social member | $10 fitness member | $20 nonmember
Register by January 14.

Hearing Life: Healthy Hearing & Untreated Hearing Loss
12-1pm, Thursday, January 15
We will be discussing the negative effects of untreated hearing loss and how it increases risks of dementia and loss of brain function. The presentation will show how we measure one's hearing abilities, determine how well a hearing instrument will help the patient, and how not treating the loss can be detrimental.
Presenter: Paul Schneider, Hearing Life
Free social member | $5 fitness member | $10 nonmember
Register by January 13.

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.

Healthy Brain Initiative
10-11:30am, Monday, January 19
Presentation by Dean and Ayesha Sherzai, MD – The Profound Influence of Lifestyle on Your Brain Health
In this presentation, Drs. Dean and Ayesha Sherzai (prerecorded presentation) will explore the profound impact of lifestyle choices on cognitive health and Alzheimer's prevention. Drawing from their extensive research and clinical experience, they will introduce the **NEURO Plan**, a comprehensive framework designed to optimize brain function and reduce the risk of neurological diseases.
CONTINUED NEXT COLUMN---------->

CONTINUED...Healthy Brain Initiative
The session will delve into the six pillars of lifestyle medicine—nutrition, physical activity, stress management, sleep, social connections, and avoidance of risky substances—and how these elements collectively contribute to cognitive well-being and overall prosperity. Mei Liu will also showcase delicious brain-power foods packed with nutrient-dense ingredients, along with easy-to-follow recipes.
Free and Open to the Public. No registration required.

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
Free social member | $5 fitness member | $10 nonmember
Register by January 19 *OR* January 21 respectively.

Senior Planet: Understanding Fraud & Scams
11am-12:30pm, Tuesday, January 20
Are you scam savvy? The ability to spot a scam is an essential digital skill. In this discussion, we'll review some of the most common scams, offer tips for avoiding them, and go over what to do if you do get scammed. We'll examine sample emails, texts, and deepfakes to understand how AI contributes to the increased spread and complexity of scams. We'll also provide helpful resources for staying informed about the latest scams.
Trainer: Chelsie Gaspar
$5 social member | $10 fitness member |$20 nonmember
Register by January 18.

SPECIALITY FITNESS CLASSES

M/W Aqua-Cycle
8:15am-8:45am, Mondays & Wednesdays, January 5-28
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 cardio-vascular health. Participants pedal on stationary bikes sub-merged 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
$40 fitness member | $52 social & nonmember
Register by January 2.

Learn To Swim Group Class
9-9:45am, Mondays, January 5, 12, 19, 26
Participants will learn to become comfortable in the water and build a foundation for swimming.
Instructor: Maureen
$65 fitness member | $100 social & nonmember
Register by January 2.

SUPER CORE
10-10:30 am, Mondays & Wednesdays, January 5- 28
This powerful core class is designed to build deep core strength, improve posture, and enhance overall stability. Using a mix of functional exercises, dynamic movements, and focused core work, this class challenges your ab-dominals, obliques, lower back, and glutes for balanced strength and better performance in everyday movement. All levels welcome, with options to scale intensity up or down.
Trainer: Kris
$35 fitness member | $41 social | $55 nonmember
Register by January 4.

Healthy Hips
9-9:30am, Tuesdays & Thursdays, January 6 - 29
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.
Instructor: Katy Hetland
$35 fitness member | $41 social member | $55 nonmember
Register by January 5.

Group Shaker
10-10:30 am, Tuesdays & Thursdays, January 6-29
Vibration plates will be a key component of this exercise program. The program will incorporate balance and strength training exercises using a vibration plate in vari-ous standing and sitting positions.
Instructor: Sunny
$30 fitness member | $41 social & nonmember
Register by January 5.

Strong Bones
1-1:30pm, Tuesdays & Thursdays, January 6 - 29
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 ex-ercises, no floor work.
Trainer: Katy
$35 fitness member | $41 social member | $55 nonmember
Register by January 5.

Evening Aqua Cycle
8:10-8:40pm, Tuesdays & Thursdays, January 6-29
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 cardio-vascular health. Participants pedal on stationary bikes sub-merged 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: Heidi
$40 fitness member | $51 social & nonmember
Register by January 5.

Wednesdays Water Bootcamp
10:10-11am, Wednesdays, January 7, 14, 21, 28
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 train-ing to build endurance, improve cardiovascular health, and tone muscles. This full-body workout leverages the re-sistance of water for an effective and low-impact training experience.
Trainer: Kerry
$40 fitness member | $45 social member | $52 nonmember
Register by January 6.

January- February Events 2026

ART AND POTTERY CLASSES

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 I $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.

Fun with Watercolor- Wintry Pine Trees
10:30am-12 pm, Saturday January 31
In this introductory class, we will create up to 5 small works on paper (2.5 x 3.5 inch Art Trading Cards or ACEOs) depicting re-imagined landscapes featuring wintry Minnesota pine trees. The instructor will demonstrate and go over a few basic painting elements on how to use watercolor to paint expressive and gestural wintry scenes that are uniquely your own. This class is suitable for beginners but non-beginners are more than welcome! Materials will be provided.
Instructor: Mona
$25 social member | $36 fitness & nonmember
Register by January 29.

Beginning to Clay
7-8:30pm, Thursdays, February 5-26
Discover the joy of working with clay in our four-week class, *Beginning to Clay*. Explore hand-building on the first day, wheel throwing for the next two days, and glazing on the last day in a supportive environment perfect for beginners. Unleash your creativity and create pottery masterpieces. Join us for a fun and enriching journey with clay! Each participant will make one hand-built cup and one wheel-thrown bowl.
Instructor: Anna Glenski-Kjose
$170 social member | $188 fitness and nonmember
Register by February 2.

Dip It Good
2–4pm, Saturday, February 7
Get ready to create the ultimate chip-and-dip dish.! in this fun, hands-on class, you'll hand-build your own dish—perfect for your next party or cozy night in.
Artist: Anna Glenski-Kjose
$45 social member | $57 fitness & nonmember
Register by February 3.

Pottery Social - A Glaze U Love
5:30-6:30pm, Saturday, February 7
Bring in a glaze you have loved to show off.
Free for social members.
Register by February 6.

Sweethearts Valentine's Date Night
7:00-8:30pm, Friday, February 13
Celebrate love at the wheel! In this romantic pottery class, you and your sweetheart will each throw and shape a heart-shaped bowl on the pottery wheel — no experience needed. Enjoy drinks and dessert while you create something meaningful (and a little messy) together.
Each person must register. Alcohol is only served to those 21+ with an ID.
Instructor: Anna Glenski-Kjose
$45 social member | $57 fitness & nonmember
Register by February 11.

Driftwood Beaded Suncatcher
1-2:30pm, Tuesday, February 17
Learn how to put together a colorful and fun beaded suncatcher that will liven up your living space. This is a fun and simple project that many will enjoy.
Instructor: Casandra Garcia
$45 social member | $57 fitness & nonmember
Register by February 15.

January Events 2026

SOCIAL CLASSES

Savvy Tax Strategies
12-1pm, Tuesday, January 20
Savvy Tax Strategies is a workshop that provides answers to the critical tax questions you must answer before and during retirement. Learn how to avoid common mistakes when it comes to your investment portfolio, healthcare and estate strategies. You'll also explore how to help dodge the Social Security "tax trap" and more.
Instructor: John Milliron, CFP®, RICP®, Associate Emerald Financial Group-Thrivent
Free social member | $5 fitness member | $10 nonmember
Register by Friday, January 19.

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.

Senior Planet: Managing Privacy Settings-iPhone
11am-12:30pm, Thursday, January 22
Learn how to manage Safari's private mode and adjust app permissions on your iPhone. With so much to explore online, it's essential to take some basic precautions to safeguard the privacy of your online activities. In this workshop, we'll learn about the built-in privacy features of the Safari app and the iPhone's other privacy settings. We'll explore Safari's Private mode and look at how to manage app permissions and tracking on an iPhone. **Pre-requisites**: Participants should bring their fully charged iPhone to class and be comfortable navigating their iPhone. Please note that this workshop focuses on downloading apps on your smartphone and will not cover every question related to your smartphone.
Trainer: Mary Haugen
$5 social member | $10 fitness member | $20 nonmember
Register by January 21.

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.

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.

Senior Planet- Wearable Technology
11-12:15pm, Wednesday, January 27
Learn about the technology you wear and what it can do for you! From fitness trackers to smart glasses, wearable technology is available! Whether you're a tech enthusiast or a tech newbie, there's something for everyone. Join this discussion to learn about the health, wellness, and personal safety benefits of wearable technology.
Trainer: Cheryl Thode
$5 social member | $10 fitness member | $20 nonmember
Register by January 26.

Travel Show with Collette Travel: Old-World Sicily/ Malta, Southern Charm, Exploring South Africa
10-11am, Wednesday, January 28
Want to travel, but don't want the hassle of planning all the logistics and activities for the vacation? In this free informational session, you will learn about upcoming travel opportunities. During the show, you will learn who Collette Travel is, what a guided tour is, and walk through the day-by-day of the trips that are being offered, as well as how to sign up for your next vacation. Stop in to pick up a trip flyer for more details, or click the link below! Free and open to the public.
Register by January 27.

SOCIAL CLASSES

"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 groundbreaking 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.

Secure Your Legacy: A Will, Trust, and Probate Crash Course
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 member | $5 fitness member | $10 nonmember
Register by January 27.

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.

Art Reception
5:30-6:30pm, Monday, February 2
Join us to learn about the artists who are currently exhibiting at 125 LIVE. A short presentation by our Art Gallery Curator, Beth Sievers, will be followed by a self-guided tour of the artists' work. Light refreshments provided.
Free and open to the public.
Register by February 1.

Crostini 4 Ways Paired with Wine
6-7:30pm, Friday, February 6
We will create 4 different types of crostini and enjoy 3 wines paired to each bite. Wine only served to 21+ with ID.
1. Italian- Tomato Basil
2. Carrot surprise- Carrot Miso and cheese
3. Rustic Beef & Slaw- Roast beef topped with fennel slaw
4. Smoky Snap- Nudja with quick pickled celery

Wine only served to 21+ with ID.
Instructor: Autumn Gilliam
$30 social member | $41 fitness & nonmember
Register by February 4.

Strong Bones, Strong Muscles: Protecting Strength, Balance, and Independence
10-11:30am, Monday, February 9
Osteoporosis (bone loss) and sarcopenia (muscle loss) often occur together as we age because they share many of the same underlying mechanisms, including reduced physical activity, inflammation, hormonal changes, poor nutrition, and decreased circulation. When bones and muscles weaken at the same time, the risk of falls, fractures, chronic pain, and loss of independence increases significantly. Dr. Jengyu Lai will explain how bones and muscles function as one connected system. Participants will learn why muscle weakness accelerates bone loss, how poor balance and foot and ankle weakness increase fall risk, and how maintaining strength and movement protects whole-body health. The session will highlight targeted nutrition, safe strength and balance exercises, and daily movement habits, that support both bone and muscle health. Mei Liu will share delicious brain-power foods packed with nutrient-dense ingredients, along with easy-to-follow recipes.
Presenter: Rochester Clinic/Lotus Health Foundation
Free social member | $5 fitness member | $10 nonmember
Register by February 6.

The Ins and Outs of Homeowners Associations
10-11am, Tuesday, February 10
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.
Instructor: Jim Miner
Free social members | $5 fitness members | $10 nonmembers
Register by February 9.

January - February 2026 Events

SOCIAL CLASSES

Puzzle Trade & Treats
1-2pm, Wednesday, February 11
Love puzzles? Join us for a fun afternoon of swapping and socializing! Bring 5–10 gently used puzzles in their original boxes (taped shut, no missing pieces, and no children's puzzles, please). Go home with new-to-you puzzles to enjoy this winter! We'll have **treats and drinks** to enjoy while you browse and mingle. Come for the puzzles, stay for the company!
Free social member | $5 fitness member | $10 nonmember
Register by February 10.

Continuum Financial Presents: Preparing for Taxes in Retirement
10-11am, Thursday, February 19
This presentation focuses on three important areas of tax planning for retirement including possible sources of income, the tax control triangle and tax strategies to consider to help ensure clients are well positioned in retirement.
Presenter: Jodi Hruska
Free social member | $5 fitness member | $10 nonmember
Register by February 18.

New Rules in Real Estate
10-11am, Saturday, February 21
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 February 20.

ART AND POTTERY CLASSES

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.

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.

Pottery Social - Pottery Volunteer Thank You
5:30-6:30pm, Wednesday, January 14
Pottery volunteers are a vital part of the pottery studio. Please come to the pottery social to thank them for the various jobs they do. Free for 125 LIVE pottery and social members. Sign up is required.
Register by January 13.

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.