SOCIAL CLASSES

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. Sponsor: Emerald Financial Group-Thrivent
$20 social member | $25 fitness member | $30 nonmember
Register by February 16.

Member Happy Hour and New Member Welcome: Music with Mark Billy and Kiegan Ryan
4:30-6pm, Friday, March 20
Mark your calendars and come meet new and familiar faces at 125 LIVE. Enjoy an evening of music from Mark Billy and Kiegan Ryan along with 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! Mark Billy and Kiegan Ryan are two of the leading Indigenous classical musicians of our time. Mark is a multi-instrumentalist-operatic baritone, cedar flutist, and clarinetist. Kiegan is a composer and cellist. They are taking the music world by fire with their fusion of the sacred sounds of their Native heritages and that of classical western concert music. The pair will perform music by living Indigenous composers as well as standard recital and operatic repertoire.
Free for new members who joined in February.
Free social members | $10 fitness members | $15 nonmembers
Register by March 17.

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!!! Sponsor: Home Instead
Free social member | $20 fitness member | $30 nonmember **Register by March 10.**

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.

WSU Hand Massage & Blood Pressure Checks
11am-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

Visit with Beth Carpenter, Dietetic Intern, Minnesota State University
12-1pm, Tuesday, February 3
11am-12pm, Thursday, February 5
10-11am, Tuesday, February 10
9-10am, Thursday, February 12
12-1pm, Tuesday, February 17
1-2pm, Thursday, February 19
12-1pm, Tuesday, February 24
11am-12pm, Thursday, February 26
Beth will be at the marketing table so members can sample healthy snack ideas made from everyday pantry items. Enjoy tasty bites while getting your nutrition questions answered.

Ask an OT
9am-12pm, Thursdays, February 12 - March 12
Stop by the lower level table to chat with a University of Minnesota-Rochester Occupational Therapy student. Ask them questions and learn how they can help make your life easier with various adaptive techniques.
Free for 125 LIVE members. No registration required.

125 LIVE Pottery Studio Showcase: An Artist Mind
4:00-7:00pm, Friday, March 6
Join us for a night out at 125 LIVE Pottery Studio's Exhibition! Experience an exciting evening where art, creativity, and community come together. This year's theme, "An Artist Mind," invites viewers to explore the intricate journey from concept to creation, with each pottery piece acting as a direct, three-dimensional representation of the artist's vision and creative spirit.
Event Highlights:
Welcome Address: At 5:30pm, Anna, our studio technician, will welcome guests, discuss the studio, and introduce the featured artists.
Studio Tours: Explore the creative space at your own pace with studio tours available throughout the night.
Artwork for Purchase: Take home a piece of inspiration, as some of the artwork will be available for purchase.
Relaxing Atmosphere: Enjoy drinks and light refreshments while connecting with fellow art enthusiasts.
Tickets: $10 Early registration / $15 At the door (includes a glass of wine and light refreshments)
Early Registration by March 5.

February Events 2026

SOCIAL CLASSES

Friday USA Dance Series - Cha Cha and Foxtrot
11:00 – 11:55 AM, February 6, 13, 20, 27
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:
February 6 Cha Cha
February 13 Cha Cha
$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.

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 member | $5 fitness member | $10 nonmember
Register by February 9.

Aging Vibrantly
1-2pm, Tuesday, February 10
An educational session focused on how nutrition needs change with age and how making intentional food choices can support muscle strength, bone health, and overall well-being while minimizing the impacts of aging.
Presenter: Beth Carpenter, Dietetic Intern, Minnesota State University
Free for 125 LIVE members | $10 nonmember
Register by February 9.

Clean Up Your Computer and Phone
11am-12pm, Tuesday, February 10
Is your computer or phone running slowly? I'll show you some simple things to help speed them up.
Instructor: Vince Guerra
$5 social member | $10 fitness member | $20 nonmember
Register by February 9.

Forté Open House
11am-1pm, Tuesday, February 10
Forté is a new vibrant apartment home community in Rochester designed for seniors 55+ who want to enjoy a connected lifestyle. Join us for a tour, open house and light lunch. Meet at 125 lobby. A shuttle service will be provided. Limited spots, must register to reserve a shuttle seat.
Free and open to the public.
Register by February 9

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.

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

UPCOMING SPECIAL MUSICAL EVENTS

125 LIVE

FEB 20, 2026

VALENTINE'S DAY CELEBRATION

HARD DAY'S NIGHT

4:30-6PM

MAR 13, 2026

ST. PATRICK'S DAY CELEBRATION

CALEDONIAN PIPE BAND

10:30AM-12:30PM

MAR 20, 2026

HAPPY HOUR & NEW MEMBER WELCOME

MUSIC FROM: MARK BILLY AND KIEGAN RYAN

(INDIGENOUS CHOCTAW TRIBE)

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

February Events 2026

SOCIAL CLASSES

Senior Planet: Streaming & Smart TVs
11 am-12 pm, Thursday, February 12
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: Vince Guerra
$5 social member | $10 fitness member | $20 nonmember
Register by February 11.

Juliet's Garden of Love (Valentine's Dance) with USA Dance
7-10:30pm, Saturday, February 14
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.
7:00pm Doors Open
7:30pm Dance Lesson (included in admission)
8:30pm-10:30pm General Dancing
Presenter: USA Dance
Tickets: (At the Door)
General Admission: $10 per person
125 LIVE & USA Dance Members $8 per person
Students under age 25 (With ID) $5
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!
NO REGISTRATION REQUIRED. Please arrive and pay at entrance of the event.

Breathing and Brain Health – The Practice of Seokmun Hoheup
10-11:30am, Monday, February 16
This immersive session introduces Seokmun Hoheup, a lower-belly–centered breathing method developed to support self-development and self-completion through a progressive, whole-body approach that cultivates lasting changes in breathing patterns.
CONTINUED NEXT COLUMN--------->

CONTINUED---> Breathing and Brain Health – The Practice of Seokmun Hoheup
Presented by Paul Min, PhD, this session explores how breathing influences the autonomic nervous system and improves circulation to the brain. Participants will learn how the practice integrates coordinated physical movements with focused attention on a point in the lower abdomen to gently retrain ingrained breathing habits. Instead of relying on short-term techniques, the program supports a gradual shift toward natural, effortless diaphragmatic breathing that carries into everyday life. Because breathing reflects the state of the Body, Mind, and Spirit, this whole-body approach promotes lasting changes in breathing patterns, emotional balance, and mental focus. The program is designed to be enjoyable, accessible, and supportive of long-term well-being. Mei Liu will also showcase delicious brain-power foods packed with nutrient-dense ingredients, along with easy-to-follow recipes**. Free to attend but you must register by at the following link:**
https://api.leadconnectorhq.com/widget/form/GdcnrSDCBaECLjgSmmho
or by calling Rochester Clinic at 507-218-3095.
Register by February 15.

Everyday Eats: Easy, Affordable, Nutritious Protein Balls
10am-11am, Tuesday February 17
A food demonstration showcasing how to prepare no-bake protein balls as a protein-rich, fiber-filled snack. This simple recipe provides a convenient way to boost energy throughout the day.
Presenter: Beth Carpenter, Dietetic Intern, Minnesota State University
$5 social and fitness members | $10 nonmember
Register by February 16

Senior Planet: Cloud Storage
11am-12:15pm, Tuesday, February 17.
Goodbye floppy discs and USB drives! Learn about cloud storage options that save your files remotely. In this discussion, you'll learn the basics of cloud storage — a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available.
Instructor: Mary Haugen
$5 social member | $10 fitness member |$20 nonmember
Register by February 16.

February 2026 Events

SOCIAL CLASSES

A View of Black History: Remembering the Past to Create a Better Future
10-11am, Wednesday, February 18
Join us for an inspiring presentation with George Thompson as he reflects on personal experiences that have shaped his journey through life. Through heartfelt stories, George will share lessons of compassion, care, and understanding, reminding us that we are more alike than different. This powerful conversation will honor the past while encouraging us to build a more connected and inclusive future.
Free and open to the public.
Register by February 17.

Senior Planet: Introduction to Chatting with AI
11 pm-1:15 pm, Wednesday, February 18
Curious about using ChatGPT or Gemini but not sure where to start? We'll explore tips for using generative AI chat programs so you can make them work for you. You'll learn how to write questions, or prompts, that are specific and effective at getting helpful responses. Whether you plan to use them at work, for personal projects, or just for fun, we'll show you how this tech can help you with all sorts of tasks. Best practices for privacy and security will be discussed, so you can be a confident user.
Instructor: Chelsie Gaspar
$5 social member | $10 fitness member | $20 nonmember
Register by February 17.

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.

Tech Talk with T-Mobile
11:30 am-1:30 pm, Thursday, February 19
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 explore how to prevent malware and maintain a healthy battery.
Trainers: The T-Mobile Team
Free social member | $5 fitness member | $10 nonmember
Register by February 18.

Tiny Habits for More Joyful Living After Retirement
12-1pm, Friday, February 20, 27 and March 6
Are you tired of dealing with "Old Lady" thoughts? Ready for a new outlook on the gift of life after the age of 65?
This 3-part workshop is designed to show you how to create more self-confidence, resilience and joy in your daily life. Based on the latest discoveries in the field of neuroscience, we will use the TinyHabits method, developed by Dr. BJ Fogg and the Behavior Design Institute at Stanford University. Access to the internet and email are preferred. Polly is a certified Behavior Design Specialist and Tiny HabitsTM coach. She is the founder of ***Thrive-After 65.*** Polly is retired from a career in sales & marketing as well as corporate training. She has more than a decade of experience as a private-duty caregiver to older adults.
Instructor: Polly Lemire
$10 social member | $20 fitness and 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.

Member Brunch and New Member Welcome
11:30am-12:30pm, Saturday, February 21
*****Brunch Served: 11:30am–12:00pm**
Enjoy a delicious **brunch buffet** while meeting new members and connecting with familiar faces. It's a great way to socialize, build community, and kick off the day with good food and great conversation. Our **Leadership Team** will also be joining in to share updates and insights from their areas of expertise—don't miss the chance to learn more about what's happening at 125 LIVE! Come hungry and leave inspired—we look forward to seeing you there!
*Free for new members who joined in December & January
Free social members | $10 fitness members | $15 nonmembers
Register by February 20.

February Events 2026

SPECIALITY FITNESS CLASSES

Super Core
10-10:30 am, Mondays & Wednesdays, February 2-25
A powerful core class 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 abdominals, obliques, lower back, and glutes to build balanced strength and improve performance in everyday movement. All levels welcome, with options to scale intensity up or down.
Trainer: Kris
$35 fitness member | $41 social member | $55 nonmember
Register by Feb 1.

Knee Strength
11:15-11:45 am, Mondays and Wednesdays, February 2-25
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 member | $55 nonmember
Register by February 1.

Healthy Hips
9-9:30am, Tuesdays & Thursdays, February 3-26
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, February 3-26
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 various standing and sitting positions.
Instructor: Sunny
$30 fitness member | $41 social & nonmember
Register by January 5.

Strong Bones
1-1:30pm, Tuesdays & Thursdays, February 3-26
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 January 5.

Evening Aqua Cycle
8:10-8:40pm, Tuesdays & Thursdays, February 3-26
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: Heidi
$40 fitness member | $51 social & nonmember
Register by January 5.

Wednesdays Water Bootcamp
10:10-11am, Wednesdays, February 4-25
This four week class is in the warm water pool. Plan for circuits, aqua bikes, and resistant equipment/tools. Water Bootcamp combines aquatic exercises with strength training to build endurance, improve cardiovascular health, and tone muscles. This full-body workout leverages the resistance of water for an effective and low-impact training experience.
Trainer: Kerry
$40 fitness member | $45 social member | $52 nonmember
Register by February 3.

March-April Events 2026

ART AND POTTERY CLASSES

A Muddy Date Night
4-5:30pm, Saturday, March 14 *OR*
7:30-9pm, Saturday, March 14
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 March 12.

DIY Polymer Clay Frog & Lily Pad Tic Tac Toe Set
1-2:30pm, Tuesday, March 17
Sculpt an adorable game of Leapfrog TicTacToe. This would make a fabulous gift or a fun display piece to keep out and play with friends, family or grandkids. Finished game is 6" x 6".
Instructor: Casandra Garcia
$30 social member | $41 fitness & nonmember
Register by February 15.

Watercolor Techniques
6-8pm, Wednesday, March 18
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 March 16.

Multi Generational Kawaii Felt Cord Keeper- Sewing for Beginners
1-2:30pm, Tuesday, March 31
In this multi-generational class you will choose from a few different kits to create a seriously cute cord holder to keep your headphones, USB cord, charger, or any other cord neat and tidy. We will work on basic sewing skills such as following a pattern and stitching in this class for beginners. **This class is for ages 13 and above, however someone over the age of 18 must attend the class also. Price is per pair.**
Instructor: Casandra Garcia
$30 social member | $41 fitness & nonmember
Register by March 29.

Multi-Generational Spring Break Pottery Mini Sessions: Cat Buddies
10-11:00am, Monday, March 30: Cat Buddies
1-2pm, Tuesday, March 31: Face Vase
4:30-5:30pm, Wednesday, April 1: Fruity Licious
9-10am, Thursday, April 2: Toadstool Tools
Fun, one-hour pottery mini classes designed for kids and their grown-ups! Everyone gets to join in on the fun, creating simple and colorful clay projects together. Perfect for all skill levels and ages — come make memories and masterpieces this spring break! *Each person must register.*
$10 social member | $20 fitness & nonmember **(Price is per Pair)**
For all classes register by March 27.

Trimming Steps and Style
5:30-7:30pm, Wednesday, April 8
Take the stress out of trimming your pots. Trimming is a crucial step in creating a pot on the wheel. It creates a stable foot, refines the shape, helps with wall uniformity and takes out extra weight. It's an important part of wheel throwing, yet many potters find it difficult. Learn to trim with confidence and develop a style to make your pots stand out. We will use practice clay and cut trimmed pots in half. **Feel free to bring your own pots to trim, but they must be made with 125 LIVE clay.**
Prerequisite: Wheel 1, or the ability to throw pots.
Artist: Carolyn Real
$45 social member | $57 fitness and nonmember
Register by April 3.

February-March Events 2026

SOCIAL CLASSES

Olmsted Medical Center Presents: Hypertension: Silent Killer
11am-12pm, Monday, February 23
Join Maral Kenderian, MD, an Internal Medicine physician at Olmsted Medical Center, for a discussion on high blood pressure (hypertension) - one of the most common medical conditions. While it often has no symptoms, it can cause significant damage to vital organs, which is why it is often referred to as the "silent killer." In this presentation, you will learn what high blood pressure (hypertension) is, how it is treated, and ways to help prevent it. Dr. Kenderian's areas of interest include preventive services and screenings, geriatric medicine, management of chronic diseases (COPD, diabetes, heart disease, and hypertension), patient education, chronic kidney disease, and complex medical conditions.
Presenter: Dr. Maral Kenderian, Olmsted Medical Center
Free social member | $5 fitness member | $10 nonmember
Register by February 19.

Emerald Financial -Thrivent: Savvy Social Security
1:30-2:30pm, Monday, February 23
This Savvy Social Security class helps retirees learn how to maximize their retirement income. The Workshop suggests the Social Security Troubleshooting Guide as a resource for attendees and encourages further conversations with a financial advisor for your specific needs.
Instructor: John Milliron, CFP®, RICP®, Associate, Emerald Financial Group-Thrivent
Free social member | $5 fitness member | $10 nonmember
Register by Thursday, February 20.

Rideshare Apps- Uber and Lyft
11am-12:15pm, Tuesday, February 24
Have you wanted to use rideshare apps like Uber and Lyft to get around town? Well, then, this class is perfect for you. In this class, you will be given an overview of rideshare apps and what they are. You will also learn how to set up an account and how to schedule a ride with Uber and Lyft. You will also learn other features of the Uber and Lyft Apps and how to stay safe when you accept a ride.
Instructor: Chelsie Gaspar
$5 social member | $10 fitness member | $20 nonmember
Register by February 23.

Everyday Eats: Easy, Affordable, Nutritious Tuna Fritters
10am-11am, Tuesday February 24
A food demonstration featuring the preparation of tuna fritters as a simple, protein-rich meal or snack. The session highlights affordable ingredients, quick preparation methods, and ways to enhance flavor while supporting balanced nutrition.
Presenter: Beth Carpenter, Dietetic Intern, Minnesota State University
$5 social and fitness member | $10 nonmember
Register by February 23.

Senior Planet- AI Image Generators
11am-12:15pm. Thursday, February 26
Do you envision something in your mind's eye but struggle to bring it to life? There's an AI tool for that! This discussion will explain how artificial intelligence can turn your words into stunning, realistic, and imaginative images in seconds. We'll demonstrate an AI image generator and the wide range of visual and artistic styles it can produce.
You'll also explore tips for getting the most out of this new and exciting technology so you can get started!
Trainer: Cheryl Thode
$5 social member | $10 fitness member | $20 nonmember
Register by February 25.

Mayo Clinic Resources for Healthy Aging
Noon-1 pm, Friday February 27
Summer Haag and Connor Stenberg, Mayo Clinic **eMERGing Leaders** will share:
An overview of the Mayo Clinic patient portal for managing appointments, viewing test results, and communicating with your healthcare team securely online.
- Rochester Older Adult Registry (ROAR)
- Alzheimer's Disease Research Center "After The Diagnosis"
- Library and Learning Centers
- Mayo Clinic Portal - Portal Assistance

Free and open to all members and the public.
Register by February 27.

Annual All Reds Tasting
3:30-5pm, Saturday, February 28
This class is popular every year. We will explore red wine grapes from all over the world through a comparative tasting of 3 flights. This class will show just how wine represents place. Wine only served to 21+ with ID.
Instructor: Autumn Gilliam
$30 social member | $41 nonmember
Register by February 21.

March Events 2026

SOCIAL CLASSES

Introduction to Pickleball
1-2 pm, Monday - Thursday, March 2, 3, 4, 5
Join the pickleball craze and embark on a 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! **You will meet in the 125 LIVE Lobby.**
Instructor: Angie Tauscher
$75 125 LIVE member | $89 nonmember
Register by March 1.

Pickleball 2.0
2-3 pm, Monday-Thursday, March 2, 3, 4, 5
This is a beginner-to-intermediate class for individuals who understand the rules and scoring and have played several games of pickleball. This class will focus on developing and practicing specific shots, including serves, returns, dinking, and third-shot drops. It will also include practical game situations and strategies. **You will meet in the REC Center Gym due to the instructor teaching a class.**
Instructor: Angie Tauscher
$75 125 LIVE member | $89 nonmember
Register by March 1.

Flipping the Script on Aging: AI in Everyday Life
1-2pm, Thursday, March 5
AI seems to be everywhere these days - and depending on how you define it, you are most likely already using some AI technologies - like Siri or Alexa or GPS navigation. This presentation will introduce you to some other AI applications and tools that may be less familiar but just as useful, and fun.
Presenter: Edenbrook
Free social member | $5 fitness member | $10 nonmember
Register by March 3.

Mayo Clinic Dietetic Talks: Upping Your Metabolism
6-7pm, Monday, March 9
Join Kelli Kirkley, dietetic intern at Mayo Clinic, for an in-depth discussion on what metabolism is, what impacts it, and how you can improve your own. Dive into multiple aspects of health such as sleep, physical activity, and nutrition to discover how they all play their own important roles in metabolism.
Free social Member | $5 Fitness |$10 nonmember
Register by March 8.

Food, Immunity, and Cancer: How Lifestyle Choices Protect Your Body
10-11:30am, Monday, March 9
March is both *Autoimmune Awareness Month* and *National Colorectal Cancer Awareness Month*, making it an ideal time to explore how lifestyle and nutrition influence immunity and cancer risk. Dr. Jengyu Lai from Rochester Clinic will explain how chronic inflammation, immune imbalance, and environmental triggers contribute to both autoimmune conditions and the development of colorectal cancer. Participants will learn how everyday food choices can either strengthen or weaken the immune system. We will discuss how certain foods increase inflammation and cancer risk, while others help regulate immunity, lower inflammation, promote healthy gut function, and offer natural protection against cancer. The session will also highlight practical lifestyle habits—such as movement, stress reduction, and better sleep—that support a resilient immune system and reduce overall disease risk. This empowering presentation will help older adults understand the science in simple terms and make small, meaningful changes to improve immunity, protect against cancer, and support long-term health.
Presenter: Rochester Clinic/Lotus Health Foundation
Free social member | $5 fitness member | $10 nonmember
Register by March 6.

AARP Driver Safety
9am-1pm, Tuesday, March 10
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 March 9.

Selling Your Home in 2026
10-11am, Tuesday, March 10
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 member | $5 fitness member | $10 nonmember
Register by March 9.

February- March 2026 Events

SOCIAL CLASSES

Forté Open House
11am-1pm, Tuesday, March 10
Forté is a new vibrant apartment home community in Rochester designed for seniors 55+ who want to enjoy a connected lifestyle. Join us for a tour, open house and light lunch. Meet at 125 lobby. A shuttle service will be provided. Limited spots, must register to reserve a shuttle seat. Free and open to the public.
Register by March 9.

A Pain in the Neck: Common Causes & Treatment Options for Neck Pain
11am-12pm, Thursday, March 12
Come learn from Dr. Josh Wald-Kerr all about neck pain, from common causes, common myths about recovery, and options to help deal with these issues.
Instructor: Dr. Josh Wald-Kerr
Free social member | $5 fitness member | $10 nonmember
Register by March 10.

Is It Time to Start Traveling? - Part 1
10-11:30am, Tuesday, March 17
"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 1: Travel itinerary, budget, transportation, lodging, and food.
Presenter: Amy Eisinger
$5 social member | $10 fitness member | $15 nonmember
Register by March 16.

Muscle Loss Prevention and You
10-11am, Wednesday, March 18
Join Dr. Nate Skare to learn simple strategies and exercises for preventing age-related muscle loss, known as sarcopenia. After the age of 50, you lose approximately 2 percent of muscle fibers each year, leading to a higher risk of osteoarthritis, heart disease, stroke, diabetes, hypertension, cognitive decline, and cancer. Discover practical ways to counteract this decline, emphasizing exercises to strengthen the hips and prevent hip arthritis.
Free social member | $5 fitness member | $10 nonmember
Register by March 16.

ART AND POTTERY CLASSES

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.

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.

Fun with Watercolor and Fabric
10:30am-12pm, Saturday, February 21
In this class, you will create up to 5 small works on paper (2.5 x 3.5 inch Art Cards or ACEOs) depicting abstracted scenes inspired by nature or life experiences using watercolor, watercolor paper and scrap fabrics. I will demonstrate key steps and work alongside you to craft our artworks together. This class is suitable for beginning artists or anyone who wants to enjoy experimenting and exploring different types of materials to make beautiful art.
Please bring to class some fabric scraps, especially depicting flowers or landscapes.
Instructor: Mona Arcega
$25 social member | $36 fitness & nonmember
Register by February 18.

Dip It Good
6-8pm, Tuesday, March 10
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 March 6.

Wall Vase
10am-12pm, Friday, March 13 *OR*
10am-12pm, Saturday, March 14
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 March 12 or March 13 respectively.