

# Social Activities / Extras at 125 LIVE

## Interest Groups

### Castle Quilters

8-11:30am, Mondays

8-11:15am, Fridays

### **NEW** Creative Corner

1-3pm, 1st and 3rd Monday, April 6 and April 20

A relaxed, welcoming space for artists of all levels to drop in, work on personal projects, and connect with other creatives. No instruction, just inspiration and community. Bring your own art supplies and ideas.

Free social member | \$10 fitness & nonmember

### Exploring Photography

2-4pm, 2nd and 4th Thursday, April 9 and April 23

### Family History Club

2-4pm, 2nd Monday, April 13

### 125 LIVE Electronics Communications Group

2-3pm, 3rd Tuesday, April 21

### Knit and Crochet

12:30-2:30pm, Mondays

12:30-2:30pm, Tuesdays

11:30am-1:30pm, Fridays

### Photographic Post Processing & Editing

2-4pm, 1st and 3rd Thursday, April 2 and April 16

### Pottery Studio

Open during building hours unless the studio is closed for cleaning or a class is in session. Please check the calendar in the pottery studio.

### The "Original" Book Club

10-11:30am, 2nd Thursday, April 9

Book discussion: Carnegie Maid

### Woodcarving

9-11:30am, Tuesdays

### Recreational Wellness

The following recreational wellness activities are free for BOTH Social and Fitness members.

### Pickleball

Offered daily in Studio 1 and Willow Room. Please see the Pickleball schedule for details.

### Ping Pong

12-1:45pm, Tuesdays & Thursdays

10:30am-12pm, Saturdays

### Square Dance— NO SQUARE DANCING APRIL

12-3pm, 1st and 3rd Tuesdays

12-1pm: Learn the steps to square dancing

1-3pm: Square dance calling

### Walking Club

11am-12pm, Tuesdays and Thursdays

### Community Outreach at 125 LIVE

125 LIVE provides our facility to several support groups within our community. These support groups are free for our members as well as the public.

### Alzheimer's Caregiver Support Group

1:30-3pm, 1st Thursday, April 2

5-6:30pm, 3rd Thursday, April 16

Free and open to the public.

### Early Stage Support Group for Those Living with MCI/

#### Early stages of Dementia

10-11am, 1st Monday, April 6

12-1pm, 1st Thursday, April 2

Early stage support group for those living with MCI/Early stages of dementia. A pre-screening is required to join this group, please call the Alzheimer's Association at 1.800.272.3900 to complete.

Free and open to the public | No Registration Required

### Best Buddies Club

3:30-4:30pm, Thursdays

Free and open to the public | No registration required

### Elder Network

9:30-11am, 3rd Tuesday, April 21

Senior Advocate Kate Jirik provides information and assistance to those 55 and older and their family caregivers. Get help with community resources such as housing, home care, and transportation, or solving a problem like how to apply for assistance or finding a support group. You can also schedule an appointment Monday through Friday with her at The Elder Network Office. Call 507-285-5272, Ext #6 for an appointment.

### Cancer Support Group at 125 LIVE

10-11am, 2nd Wednesday, April 8

5:15-6:15pm, 3rd Monday, April 20

Free and open to the public.

### Grief Support Group

2:30-4pm, 1st and 3rd Thursday, April 2 and April 16

Free and open to the public.

### Parkinson's Support Group

1:30-3:30pm, 3rd Thursday, April 16

Free and open to the public.

# Social Activities

These activities are free for social members

Updated 3/30/2026

## Cards and Games

**Billiards Room:** Open during building hours

### Bingo Tuesdays

11-11:45am, Tuesdays, April 7,14,21,28

Join us for a few bingo games every Tuesday in the Gathering Space. Beverage and a light snack are included. **Sponsor:** Laurie Mangen-Keller Williams Premier Realty

Free social members | \$3 fitness & nonmembers

**Register by 10am the day of event.**

**The following are held in the Birch Room, unless otherwise noted:**

**Hand, Knee & Foot:** Mondays, 12pm-3:30pm

**American Mahjong:** Tuesdays, 12pm-3pm

**Mexican Train:** Tuesdays, 3pm-5pm

(Douglas Fir Space)

**Mexican Train:** Wednesdays, 12pm-3pm

**Cribbage:** Wednesdays, 1pm-3pm

(Douglas Fir Space)

**Hand, Knee & Foot:** Thursdays, 12pm-4pm

(Douglas Fir Space)

**500 Cards:** Thursdays, 1pm-3:30pm

**Rummikub:** Fridays, 9am-11am

**Mexican Train:** Fridays, 1pm-3pm

(Douglas Fir Space)

**Texas Hold 'Em:** Fridays, 1pm-3pm

**Bridge:** Sundays, 1pm-4pm

## Informational Activities

### Tech Sharing Discussion Group

11am- Noon, Mondays in the TLC

Join our weekly discussion group about all things digital. **April Discussions:**

**6** Faith Sell will lead a discussion about the life cycle of stars and how the Hubble & Webb space telescopes work.

**13** Fred Ziecina will provide a demo and discussion about robots.

**20** Faith Sell will lead a discussion about Everyday uses of NASA inventions. Remember TANG? Learn about products we wouldn't have today if it wasn't for space exploration.

**27** Dan Nelson will lead a discussion about securing your home network.

Social members are free. Nonsocial members must purchase a \$10 day pass at membership services.

**30** Apple vs. Windows Comparison

**Registration is not required.**

## Cops and Coffee

11am-12pm, 3rd Thursday, April 16

Join officers in our community while you enjoy coffee and discussion with members of the Rochester Police Department. **Registration is not required.**

## Drop-In Tech Help

Noon-1pm, Mondays in the TLC

Have questions about your smartphone, email, navigating websites, or staying safe online? Drop into the Technology Learning Center (TLC). Our dedicated technology volunteers will share their expertise to answer your questions. Social members are free. Nonsocial members must purchase a \$10 day pass at membership services. **Registration is not required.**

## Senior Planet from AARP

Helps people age 60+ learn about technology to reach their goals, find community and thrive in the digital world. Learn more at <https://seniorplanet.org/>. For a list of 125 LIVE technology classes, see the 125 LIVE monthly Program Guide.

## One Hour One Topic

**6 Catholic Charities** services for seniors will lead the discussion. Sponsored by Visiting Angels

**13 Julia Feters and Kyle Reed** will share about the Bolder Options mentorship program, introduce their mission and the meaningful work they provide in Rochester. Learn how their mentoring programs connect youth with caring adults to build confidence, encourage healthy choices, and create positive paths forward.

**20 Tim McCollough** General Manager, Rochester Public Utilities and **Gwen Stevens** Vice President of Cooperative Relations with People's Energy Cooperative will lead a discussion about electric power in Southern MN. Will there be enough in future years?

**27 Greg Drake**, Community Engagement Specialist at Big Brothers Big Sisters of Southern Minnesota, will share how you can support local youth through volunteering, partnerships, or simply by helping spread the word.

## Music

### Friday Concerts

10:30-11:30 am, Fridays

April 3: Patience and Fortitude

April 10: Paul Kern

April 17:

April 24: Roch BottoMN

### Music Jam Session

1-3pm, Wednesdays

### Young at Hearts Choir

10-11am, Wednesdays

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

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