

# 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, March 2 and March 16

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, March 12 and 26

### Family History Club

2-4pm, 2nd Monday, March 9

### 125 LIVE Electronics Communications Group

2-3pm, 3rd Tuesday, March 17 **Topic:** Starlink

### 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, March 19 **NO CLASS MARCH 5**

### 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, March 12

**Book discussion:**

### Woodcarving

9-11:30am, Tuesdays

### Recreational Wellness

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

### Pickleball

Offered daily in the 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

12-3pm, 1st and 3rd Tuesdays, March 3 and 17

12-1pm: Learn the steps to square dancing

1-3pm: Square dance calling

### 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, March 5

5-6:30pm, 3rd Thursday, March 19

Free and open to the public.

### NEW-Early Stage Support Group for Those Living with MCI/Early stages of Dementia

10-11am, 1st Monday, March 2

12-1pm, 1st Thursday, March 5

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, March 17

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, March 11

5:15-6:15pm, 3rd Monday, March 16

Free and open to the public.

### Grief Support Group

2:30-4pm, 1st and 3rd Thursday, March 5 and 19

Free and open to the public.

### Parkinson's Support Group

1:30-3:30pm, 3rd Thursday, March 19

Free and open to the public.

# Social Activities

These activities are free for social members

Updated 3/2/2026

## Cards and Games

**Billiards Room:** Open during building hours

### Bingo Tuesdays

11-11:45am, Tuesdays, March 3, 10, 17, 24, 31

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

(Gathering Space)

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

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

(Gathering Space)

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

(Gathering Space)

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

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

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

(Gathering Space)

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

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

## Informational Activities

### Cops and Coffee

11am-12pm, 3rd Thursday, March 19

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

### Tech Sharing Discussion Group

11am- Noon, Mondays in the TLC

Join our weekly discussion group about all things digital. Topics vary each week.

**March Discussions:**

2 Subsidizing your power needs

9 Pro and Cons of AI

16 Virtual Private Networks

23 Medical Imaging

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

30 Apple vs. Windows Comparison

**Registration is not required.**

## Drop-In Tech Help

**Noon-1pm, Mondays in the TLC**

Have questions about your smartphone, email, navigating web-sites, 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.

## 1 Topic 1 Hour

**10-11am, Mondays**

**March 2: Eric Hoyer** will lead a discussion about opportunities for Seniors with USA Dance Studio. **Sponsored by Visiting Angels.**

**March 9: Kayla Betzold, Rochester City Sustainability Coordinator,** will provide updated information on the natural gas franchise fee project. The City is exploring whether to adopt a natural gas franchise fee, which is allowed under Minnesota law and would compensate the City for a utility's use of public rights-of-way, such as streets and sidewalks. Any potential revenue would be reinvested in local environmental priorities. Importantly, no decisions have been made and the City remains in a learning and listening phase focused on community education and gathering feedback before any recommendations are brought to City Council.

**March 16: Bolder Options mentorship program with Julia Fetters and Kyle Read.** Join Bolder Options at 125 LIVE to introduce their mission and the meaningful work they do right here in Rochester. Learn how their mentoring programs connect youth with caring adults to build confidence, encourage healthy choices, and create positive paths forward.

**March 23: Dave Hoot, Chairman of Can Do Canines,** they transform people's lives by creating mutually beneficial partnerships with specially trained dogs. They train and place free service dogs for people living with disabilities such as hearing loss or seizure disorders

**March 30: Kathy Berns and Tom Fryer,** retired medical professionals from Mayo Clinic's air ambulance team will share their experiences and photos during this lively conversation.

## Music

### Friday Concerts

10:30-11:30 am, Fridays

March 6: Young @ Heart Choir

March 13: **Special Event-** Caledonia Pipe Band **FULL**

March 20: Becca Tesch

March 27: **Cancelled - Special Event**

### 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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