



## 2PM, SUNDAY APRIL 12

### FREE AND OPEN TO THE PUBLIC NO REGISTRATION REQUIRED

**In lieu of an entrance fee,  
please consider donating canned  
goods to the 125 LIVE Pantry.**



**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  
APPROPRIATION FROM  
THE ART AND CULTURAL  
HERITAGE FUND.



## SOCIAL CLASSES

**Rochester Rainbow Choir Flying Colors Tour**  
**2-3:30pm, Sunday, April 12**  
The Rochester Rainbow Choir is taking its show on the road with 'Flying Colors', after its first two seasons of growth and impact on the LGBTQ+ community, the group is expanding its outreach and message of inclusion to Rochester and the surrounding communities. 'Flying Colors' will offer something for everyone, with songs spanning decades and genres, focusing on inclusion and positivity. **In lieu of an entrance fee, please consider donating canned goods to the 125 LIVE food pantry. Free and open to the public. No registration required.**

**Uptown Jazz in Concert**  
**6-8pm, Friday April 24**  
Celebrate the season with an evening of live music featuring Uptown Jazz. Relax, mingle, dance and enjoy great tunes in a lively spring atmosphere. A cash bar will be available. Please note: No food service will be provided.  
\$5 125 LIVE Member | \$10 nonmember  
**Register by April 21.**

*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.*



**Olmsted Medical Center Active Aging Services Conference: Safe Steps, Strong Lives: Confident Aging in Community**  
**9-3:15pm, Wednesday, May 6**  
We are offering a no-cost respite care room for your loved one/friend/client during the conference.  
9-9:30am: Registration  
9:30-10am: Advance Care Planning  
10-10:30am: Grief/Loss/Mental Healthcare/Substance Use Treatment  
10:30-11:15am: Cybersecurity  
11:15am-12pm: Scam Prevention  
12-12:30pm: Lunch  
12:30-2pm: Driving assessments, home safety and strengthening exercises  
2-2:30pm: Ageism  
2-2:50pm: Self-care  
2:50-3pm: Wrap-up  
Contact the Social Services and Active Aging Services Manager with any questions at 507-529-6744.  
Free for 125 LIVE members.  
**Register by April 24.**

**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**

**Let's Discuss Mobility with Dr. Curran: Strong Enough to Live on Your Own**  
**10-11am, Wednesday, April 1**  
Discover the key strength and movement skills that support independence at home. This class focuses on practical ways to build strength for everyday tasks like standing up, climbing stairs, and carrying groceries.  
**Presenter:** Dr. Levi Curran  
Free social member | \$5 fitness member | \$10 nonmember  
**Register by March 31.**

**Friday USA Dance Series: American Tango and 2-Step**  
**11am- 12pm, Fridays**  
Step into fall with rhythm and style! 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!  
**Drop in for one or come to them all!**  
**Friday Dance Series Styles**  
April 3 & 10 - American Tango  
April 17 & 24 - Night Club 2-Step  
**Pricing (per week):**  
\$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. Classes may be cancelled if minimum pre-registration is not met.**

**Minnesota Aging Pathways: Money Saving Programs and Services**  
**12-1pm, Monday, April 6**  
Join Starla with Minnesota Aging Pathways (formerly Senior LinkAge Line) to learn about programs that can lower Medicare premiums, deductibles, and out-of-pocket costs. Find out who qualifies, how to apply for assistance, and program benefits. We'll also cover Medicare preventive services, such as free screenings, vaccines, and wellness visits.  
**Presenter:** Starla Inman, LSW, Minnesota Aging Pathways and Kate Jirik, Elder Network  
Free 125 LIVE members.

# April Events 2026

## SOCIAL CLASSES

### Is It Time to Start Traveling? - Part 2

10-11:30am, Tuesday, April 7

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

\$5 social member | \$10 fitness member | \$15 nonmember

**Register by April 6.**

### The History and Music of Bruce Springsteen

1-3pm, Thursday, April 9

Join Paul as he uses a presentation with photos and music to tell the story of Bruce Springsteen. The class will cover Springsteen's origins in the early 1970s through his most recent releases and films about his life.

Presenter: Paul Koeller, Member

Free social member | \$5 fitness member | \$10 nonmember

**Register by April 8.**

### Travel Show with Collette Travel: NYC Holiday, Southern Charm, and Exploring South Africa and Alaska by Land and Cruise

10-11am, Wednesday, April 8

Join us for a free travel show highlighting these exciting group travel opportunities:

- NYC Holiday (December 2026)
- Southern Charm – Charleston, Savannah & Jekyll Island (March 2027)
- South Africa, Botswana & Victoria Falls (May 2027)
- Alaska by Land & Cruise (September 2027)

With all the details taken care of, all you need to do is pack your bags! Collette tours are expertly planned & professionally guided. Transportation will be provided from 125 Live to and from Minneapolis airport.

Stop in to pick up a trip flyer for more details.

Free and open to the public

**Register by April 7.**

### Crutches 4 Africa- Drop off Donation Day\* @ 125 LIVE

8am-12pm, Saturday, April 11

125 LIVE Lower Level Parking Lot

Crutches 4 Africa is a Rotary Clubs of Rochester service project to collect, store, and distribute used mobility devices to people in Africa who have limited mobility (due to age or illness) and cannot afford a device. Accepted devices: crutches, canes, braces (knee, ankle, elbow, wrist) arm slings, wheelchairs (nonmotorized), and baby joggers (no strollers) Free and open to the public | No registration required. **\*Items must be dropped off the day of the event between 8am-12pm. No items may be dropped off early or left outside for pickup.**

**\*Items must be dropped off the day of the event between 8am-12pm. No items may be dropped off early or left outside for pickup.**

### Royal Coronation Ball (Spring Formal) with USA Dance

7-10:30pm, Saturday, April 11

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 with 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 to the event.**

### Rochester Clinic/Lotus Health Foundation: Sleep, Your Body Clock and Metabolism: Why Rest Matters More Than You Think

10-11:30am, Monday, April 13

Sleep is a key regulator of metabolism and whole-body health. Poor sleep and disrupted circadian rhythm (your body's internal clock) can affect metabolic balance, contributing to diabetes, weight gain, cognitive decline, arthritis, and chronic inflammation. In this 30-minute presentation, Dr. Jengyu Lai from Rochester Clinic will explain how sleep influences hormones, metabolism, and energy. Participants will learn how irregular sleep schedules, late-night eating, screen exposure, and stress disrupt the body's natural rhythm. This session will share simple strategies to improve sleep, restore circadian rhythm, and support metabolic health—helping seniors improve energy, memory, and overall well-being. Mei Liu will also showcase delicious plant-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 April 12.**

# April Events 2026

## SPECIALTY FITNESS CLASSES

### Yin Yoga

6:30pm-7:15pm, Fridays, April 3-24

This Yin Yoga class focuses on slow, deep stretches held for longer periods to improve flexibility, joint mobility, and relaxation. Perfect for all fitness levels, it helps release tension, calm the mind, and restore balance to the body.

Instructor: Michael

\$14 fitness member | \$25 social & nonmember

**Register by April 2.**

### Saturday Aqua-Cycle Class

9-9:30am, Saturdays, April 11-25

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: Kerry

\$20 fitness member | \$31 social & nonmember

**Register by April 10.**

### Introduction to Kettlebells

4-4:30pm, Mondays and Thursdays, April 6-30

Designed to build strength, stability, and confidence with the kettlebells. Participants will be guided through proper form, basic movements, and safe techniques to help lay the foundation for an effective and efficient full-body workout. Floor and standing exercises. Must be able to lift at least 5 pounds.

Instructor: Kris

\$35 fitness member | \$47 social and nonmember

**Register by April 3.**

### Strong Bones-April

1:00-1:30pm, Tuesdays & Thursdays, April 7-30

This class will focus on upper-body strength exercises to build strength, tone arms, and improve bone health & skeletal muscle. We will be doing standing and seated exercises, no floor work.

Trainer: Katy

\$35 fitness member | \$47 social & nonmember

**Register by April 6.**

### Non-Contact Karate

2:30pm-3:15pm, Thursdays, April 9-30

This non-contact karate fitness class blends traditional martial arts movements with cardio and strength training for a full-body workout. Improve your coordination, balance, and confidence while learning basic karate techniques in a safe, supportive, and no-contact environment.

Instructor: Michael

\$14 fitness member | \$25 social & nonmember

**Register by April 8.**

### Line Dance

6:15pm-7pm, Wednesday, April 15

Get moving and have fun in this energetic line dance class set to a mix of popular and classic music. You'll learn easy-to-follow choreographed steps that improve coordination, memory, and cardio fitness—no partner needed!

Instructor: Jan

\$3 fitness member | \$10 social & nonmember

**Register by April 14.**

### Gears & Beers

5-6pm, Friday, April 17

Pedal at your own pace (or row), then raise a glass if you wish. This will be a motivating cycle ride/rowing class with upbeat music and good fun with Kevin! We will pedal/row, laugh, and let the good times roll. A celebratory (optional) beer/glass of wine will be provided at the end of class. Sweat first, sip after.

Instructor: Kevin

\$10 fitness member | \$20 social & nonmember

**Register by April 16.**

### Wall Pilates

1:45pm-2:15pm, Tuesday, April 28

Wall Pilates is a low-impact, full-body workout that uses the wall for support to improve strength, flexibility, and posture. This class focuses on controlled movements and core engagement, making it accessible and effective for all fitness levels.

Instructor: Olga

\$5 fitness member | \$15 social & nonmember

**Register by April 27.**

### 80s Zumba- International Dance Day!

6:15pm-7:15pm, Wednesday, April 29

Celebrate International Dance Day with an electrifying 80s-themed Zumba! Move and groove for 45 minutes to high-energy dance fitness, then stick around to enjoy light snacks and drinks.

Instructors: Chelsey & Pamela

\$5 fitness member | \$15 social & nonmember

**Register by April 28**



# April - May Events 2026

## ART AND POTTERY CLASSES

### Beginning to Clay

**9:30–11:00 AM, Mondays, April 13–May 4**

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 & nonmember

**Register by April 9.**

### Flower Press Plates

**7:00 - 8:30pm, Tuesday, April 14 & 28**

Create beautiful, nature-inspired plates using real flowers and leaves pressed into clay! In this relaxing two-part hand-building class, you'll design and shape your own decorative plate in the first session, then return to glaze it in the second.

Instructor: Anna Glenski-Kjose

\$45 social member | \$55 fitness & nonmember

**Register by April 10.**

### Watercolor Techniques

**6-8pm, Wednesday, April 15 OR**

**6-8pm, Wednesday, May 20**

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 | 12 participants maximum

Instructor: Barbara Schwenk

\$25 social member | \$36 fitness & nonmember

**Register by April 13 OR May 18 respectively.**

### Pottery Social - Reclaim & Reuse

**6:00 - 7:00pm, Wednesday, April 15**

Learn how to reclaim small amounts of clay.

Free social members

**Registration Required**

### Intro to Wheel I

**10am-12pm, Friday May 1-22**

This four week class covers basic wheel throwing techniques. The studio provides 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. You will be working on centering, throwing cylinders and bowls. No prior experience is required.

Artist: Jeff Jones

\$100 social member | \$115 fitness & nonmember

**Register by April 27.**

### Small Colander

**5:30-7:30pm, Wednesday, May 6 OR**

**10am-12pm, Thursday, May 7**

Get ready for the coming summer produce. Whether you're rinsing off berries or cleaning veggies, this small colander will come in handy for many uses in the kitchen. It goes directly from the sink to the table. Your piece will be glazed and ready for pickup at a later date.

Instructor: Carolyn Real

\$45 social member | \$57 fitness & nonmember

**Register by May 4.**

### Stand Tall & Sweet

**6-7:30pm, Thursdays, May 7 and 21**

Make the sweetest little cupcake stand in this two-part pottery class! On the first day, you'll hand-build your own unique cupcake holder. On the second day, you'll return to glaze it with your choice of fun, colorful finishes. Perfect for displaying treats or adding a touch of charm to your kitchen! No experience needed — just bring your creativity.

Instructor: Anna Glenski-Kjose

\$45 social member | \$55 fitness & nonmember

**Register by May 5.**

### Stamp Painting on Flour Sack Towel

**1-2:30pm, Tuesday, May 19**

In this step-by-step class you will create a fun "flour sack" kitchen towel that you can reuse again and again.

Instructor: Casandra Garcia

\$30 social member | \$41 fitness & nonmember

**Register by May 17.**

# April Events 2026

## SOCIAL CLASSES

### Mayo Clinic Hospice: Advanced Care Planning

**12-1pm, Monday, April 13**

Participants will gain a clear understanding of the different types of advance care planning documents, how they differ, and how they work together to ensure your wishes are honored. We'll take a practical, hands-on look at several key documents, highlighting commonly overlooked details and explaining how to ensure your forms are properly completed and legally valid.

Presenter: MaAmy Langgaard, LICSW

Free social member | \$5 fitness member | \$10 non-member

**Register by April 10.**

### Forté Open House

**11am-1pm, Tuesday, April 14 OR**

**11am-1pm, Tuesday, May 12**

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 Live lobby. A shuttle service will be provided. Limited spots, must register to reserve a shuttle seat. Free and open to the public.

**Register by April 13 or May 11 respectively.**

### Where Do I Go Now? Housing Alternatives

**10-11am, Tuesday, April 14**

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 non-member

**Register by April 13.**

### Continuum Financial Presents: 2026 Market and Economic Update

**10-11am, Thursday, April 16**

Clay Edwards, BFA™, will highlight key market and economic updates for the first half of 2026 including key economic drivers, equity trends, and potential opportunities in fixed income.

Instructor: Clay Edwards, BFA, Continuum Financial  
Free social member | \$5 fitness member | \$10 non-member

**Register by April 15.**

### Boots, Beats & Belonging

**12-1pm, Thursday, April 16**

Join us for an unforgettable afternoon of music, movement, and community as students from Rochester Academy for Independent Living (RAIL), a program of Rochester Public Schools, celebrate a full year of learning and practicing line dancing. These talented young adults have worked hard building confidence, independence, and social skills through dance, and now it's time to celebrate their achievements together. Come cheer on our dancers, join in the fun with line dance instruction, and help create a memorable day filled with energy, laughter, and community spirit. Together, we celebrate independence, friendship, and the power of movement!

Free for 125 LIVE Members

**Register by April 15.**

### Simplify Your Life...The Downsizing Process

**12-1pm, Thursday, April 16**

Downsizing exercises and ideas to make your next move quicker and easier will be shared. Questions to ask yourself, suggestions on where to bring your unwanted items, preferred contractors that can help save money on your next move are just some of the expertise that will be imparted in this class. The techniques will help you through the consuming and emotional process of simplifying your home.

Instructor: Laurie Mangen Senior Home Coach, Keller Williams

Free social member | \$5 fitness member | \$10 nonmember

**Register by April 15.**

### What's The Difference? Condos, Townhomes and Cooperatives

**10-11am, Saturday, April 18**

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 April 16.**

# April Events 2026

## SOCIAL CLASSES

### Member Brunch and New Member Welcome

11:30am-12:30pm, Saturday, April 18

Brunch Served: 11:30 AM – 12:00 PM

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 March

Free social members | \$10 fitness members | \$15 nonmembers

Register by April 17.

### Introduction to Pickleball

1-2 pm, Monday - Thursday, April 20, 21, 22 and 23

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 April 19.

### Pickleball 2.0

2-3 pm, Monday-Thursday, April 20, 21, 22 and 23

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 April 19.

### Art Reception

5:30-6:30pm, Monday, April 20

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 April 19.

### Castle Quilters Fabric and Kit Sale

9am-12pm, Monday April 20

Are you looking for summer craft projects? Please stop by the Castle Quilters fabric and kit sale.

Features of Sale:

- "Bits and Pieces Table" - Fill a bag for \$3
- Three 1-yard Fabric Bundles
- Fat Quarters
- Fabric by the Pound
- Discount Table of Gift Items

Complimentary Coffee & Cookies

Free and open to the public!

### Healing Steps to Stronger Joints Workshop: Why Your Knee Pain Isn't Just a Knee Problem

10-11:00am, Monday, April 20

This three-part series introduces a whole-person approach to lower limb arthritis, combining biomechanics, lifestyle medicine, functional medicine, regenerative strategies, and physical therapy. Instead of focusing only on where it hurts, we look at why pain develops and how to support the body's natural ability to heal and move better. Many knee, hip, and even back problems begin at the foot and ankle. In this session, participants learn how foot posture, joint motion, and walking patterns affect joint stress and cartilage wear. We explore why pain often appears far from the true source and why exercising without correcting movement can worsen arthritis. This session lays the foundation for understanding joint pain from the ground up. Each session includes a **30-minute educational talk** followed by **30 minutes of fitness training provided by 125 LIVE Instructors**, helping participants understand their bodies, move more safely, and build a foundation for lasting joint health. Coffee and joint-friendly snacks will be provided to support comfort, focus, and healthy participation during each session.

Presenter: Rochester Clinic/Lotus Health Foundation & 125 LIVE Instructors

\$15 per person

Register by April 17.

## TECHNOLOGY CLASSES

### Senior Planet: Using Siri and Voice Commands on Your iPhone

11am-12:30pm Friday, April 24

In this hands-on workshop, we'll go over some of the basic ways you can use Siri and other voice command features on your iPhone. We'll explore the settings to make the most of Siri and practice using it on your own device. We'll also review some of the ways you can use Siri beyond your iPhone.

Trainer: Chelsie Gaspar

\$5 social member | \$10 fitness member | \$20 nonmember

Register by April 23.

### Senior Planet: Sharing Photos-Android Smartphone

11-12:15 pm, Tuesday, April 28

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 Instagram. *Pre-requisites: Bring your fully charged Android phone to class. Android phones come in a wide variety of types. Popular types include Samsung 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 Fold6.*

Trainer: Ken Zaiken

\$5 social member | \$10 fitness member | \$20 nonmember

Register by April 27.

### Google Calendar Workshop

11 am - 12:30 pm, Wednesday, April 29, 2026

Still using an appointment book? Learn about the benefits of using an online calendar. Google Calendar is a free, web-based calendar that is part of the Google Workspace suite of tools. You can access Google Calendar on any device and even sync it with other calendars you use. In this workshop, you'll learn how to create an event, share events with others, set reminders, import events from across the web, and more! **Bring your Google account username and password to class.** You can use one of the 125 LIVE Google Chromebooks to access your Google Account. Also, bring your smartphone fully charged, as Google may send a code to your phone to verify your sign-in.

Trainer: Fred Ziecina

\$5 social member | \$10 fitness member | \$20 nonmember

Register by April 28.

## ART & POTTERY CLASSES

### Intro to Wheel I

5:30pm-7:30pm, Mondays, April 6-27 or

10am-12pm, Thursdays, April 9-30 or

10am-12pm, Fridays, May 1-22

This four-week class covers basic wheel throwing techniques. The studio provides 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. You will be working on centering, throwing cylinders and bowls. No prior experience is required.

Artist: Jeff Jones April 6, Tom Sandoe April 9 and May 1 classes

\$100 social member | \$115 fitness and nonmember

Register by April 3.

### Asian Brush Painting and Continuing: Orchids

2-4pm, Tuesdays, April 7-28 OR

2-4pm, Tuesdays, May 5, 12, 26 (no class May 19)

When executed with masterful technique, a single ink brushstroke conveys vitality, delicacy, and contemplation—the essence of Chinese philosophy and spirit. The “life force” or chi that an artist aspires to capture and express is through brush painting.

Instructor: Catherine Park

If you do not have the following materials, bring \$25 to the first day of class: a 3-brush set, an ink bottle, and rice paper.

\$61 social member | \$91 fitness and nonmember

Register by April 3 or May 1 respectively.

### 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 125Live clay.

Prerequisite: Wheel 1, or the ability to throw pots

Artist: Carolyn Real

\$45 social member | \$57 fitness and nonmember

Register by April 3.

### A Muddy Date Night

7-8:30pm, Friday, April 10 OR

6-7:30, Saturday, April 11 OR

4-5:30pm, Saturday, May 16

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. *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 April 8 OR May 14 respectively.

# April - May Events 2026

## SOCIAL CLASSES

### Emerald Financial Group-Thrivent Presents: Investment Basics

**10-11am, Thursday, May 21**

Learn the essentials of investment planning! This session covers key investment concepts, explores various investment options, and outlines general strategies plus guidance on how to allocate your investment dollars effectively.

Instructor: Eric Funk

Free social member | \$5 fitness member | \$10 nonmember

**Register by May 20.**

**No products will be sold. Thrivent and its financial advisors and professionals do not provide legal, accounting, or tax advice. Consult your attorney or tax professional.**

**See [thrivent.com/social](https://www.thrivent.com/social) for important disclosures.**

**27764-11M R6-22**

### Senior Planet: Getting Started with Your iPhone Health App

**11am-12:30pm, Wednesday, April 15**

iPhone has a built-in health app! Learn how to add health details to your profile, set up your medical ID, and include emergency contacts. Please bring your fully charged iPhone to this workshop. Not sure if you have an iPhone? Look at the back of your phone; you may need to remove the cover to see the Apple logo.

Trainer: Mary Haugen

\$5 social member | \$10 fitness member | \$20 nonmember

**Register by April 14.**

### Tech Talk with T-Mobile

**11:00 am-1:00 pm, Thursday, April 16 2026**

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 built-in utilities on 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 April 15.**

## TECHNOLOGY CLASSES

### Senior Planet -Cloud Storage

**11 am-12 pm, Thursday, April 9.**

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 we will demonstrate a few of the most popular services currently available to consumers.

Instructor: Vince Guerra

\$5 social | \$10 fitness member | \$20 monmember

**Register by April 8.**

### Senior Planet: Sharing Photos-iPhone

**10:30-11:45am, Friday, April 17**

In this hands-on workshop, you will practice several methods for sharing photos using an iPhone 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 such as Facebook, X, and Instagram. *Pre-requisites: Bring your fully charged iPhone to class.*

Trainer: Chelsie Gaspar

\$5 social member | \$10 fitness member | \$20 nonmember

**Register by April 16.**

### Senior Planet: Smartphone Camera Uses Beyond Photography

**11 am-12:15 pm, Wednesday, April 22.** Join us to learn about additional ways to use your smartphone's camera beyond photography! We'll explore a variety of fun and useful features made possible by apps, such as scanning QR codes, translating text, measuring objects, and even using augmented reality. We'll also cover considerations for choosing apps and reviewing their privacy and data practices.

Trainer: Mary Haugen

\$5 social members | \$10 fitness members |\$20 nonmembers

**Register by April 21.**

### Senior Planet- Understanding Fraud & Scams

**Noon-1pm, Thursday, April 23**

"Are you scam savvy? The ability to spot a scam is an essential digital skill. In this lecture, 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 look at sample emails, texts, and deepfakes to see how AI contributes to the increased spread and complexity of scams. We'll provide helpful resources for staying informed about the latest scams.

Instructor: Vince Guerra

\$5 social member | \$10 fitness member |\$20 nonmember

**Register by April 22.**

# April Events 2026

## SOCIAL CLASSES

### Emerald Financial Group-Thrivent Presents: Tax Reform and Charitable Giving

**1-2pm, Monday April 20**

Boost your financial strategy while giving back! Join us to learn how charitable planning can enhance your overall financial goals, including smart ways to use Qualified Charitable Distributions (QCDs). Don't miss this opportunity to make your money work for you and for a cause you care about.

Instructor: Andy Roberts

Free social member | \$5 fitness member | \$10 non-member

**Register by April 19**

**No products will be sold. Thrivent and its financial advisors and professionals do not provide legal, accounting, or tax advice. Consult your attorney or tax professional.**

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### Why Work with a Senior Real Estate Specialist (SRES®)? Peace of Mind Starts with the Right Guidance

**10:00am-11am, Tuesday April 21st**

Navigating a move later in life comes with unique decisions. Work with a specialist who understands the needs of seniors and provides trusted, compassionate support every step of the way. What we provide in this class is:

**Honest Home Evaluations:** Clear and accurate assessments so you understand your home's true market value.

**Guidance to Avoid Unexpected Costs & Surprises:** Expert advice on timing, financing, and market strategy to help you make informed, confident decisions.

**Reduced Stress with Clear, Simple Steps:** Support with decluttering, organization, and planning for a smooth transition.

**Access to Trusted Expert Partners:** Including Anna McKay, Mortgage Officer, to help answer financing questions and explore available options. Snacks and refreshments provided

Instructor: Melanie Ashbaugh & Justin Ashbaugh

Free social member | \$5 fitness member | \$10 non-member

**Register by April 20.**

### Music for Earth Day

**1-3pm, Thursday, April 23**

Come and learn about artists and songs appropriate for Earth Day. Enjoy songs about protecting the environment, safe energy, protecting wildlife, and enjoying nature.

Presenter: Paul Koeller, Member

Free social member | \$5 fitness member | \$10 nonmember

**Register by April 22.**

### All Whites Tasting

**3:30-5pm, Saturday, April 25**

We will explore 5 different white grape varieties and talk about what makes them each unique and how to pair them with Spring foods.

Wine only served to 21+ with ID.

Instructor: Autumn Gilliam

\$25 social member | \$36 nonmember

**Register by April 18.**

### Medicare 101

**6-7pm, Monday, April 27**

Are you new to Medicare, retiring, or turning 65? This class will discuss the different parts of Medicare, deductibles, what's covered, enrollment periods, costs, Medicare Advantage plans, and Medicare Supplements. Understand Part D drug coverage, formularies, drug tiers, the new 2026 prescription drug benefit model, and how to avoid late enrollment penalties

Presenter: Lee Ziesmer, Gold Leaf Insurance Agency

Free 125 LIVE members. Registration requested.

**Register by noon on April 27.**

### Olmsted Medical Center Presents: Shingles

**12-1pm, Tuesday, April 28**

In this class, Sarah will explain what shingles is and why it occurs, including how it relates to having had chickenpox earlier in life. Recognize common early signs and symptoms of shingles, and when to seek medical care promptly. Understand potential complications of shingles, including nerve pain (postherpetic neuralgia), eye involvement, and infection risk. Describe how shingles is treated and why early treatment is important for reducing pain and long-term complications. Lastly, identify how shingles can be prevented, including who should receive the shingles vaccine and what protection it offers. Sarah is a registered nurse and care coordinator with Olmsted Medical Center

Presenter: Sarah Hirsch, RN, Olmsted Medical Center

Free social member | \$5 fitness member | \$10 nonmember

**Register by April 27.**

## SOCIAL CLASSES

### Our Old Money: Coins and Currency Wednesday, April 29

9:30–10:00am: Meet and Greet  
10:00–11:30am: Presentation

Join Gary Kruesel 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!  
Free social member | \$5 fitness member | \$10 nonmember  
**Register by April 27.**

### Continuum Financial Presents: Caring for Aging Loved Ones

5-6pm, Thursday, April 30

Connie K. Williams, BFA™, ChFC®, APMA™, will present on what to consider as loved one's age and families often find themselves providing more support. During this complimentary session, we'll offer guidance to help you navigate three critical areas of caregiving—finances, health and legacy planning. Acknowledging that every caregiving journey is different, we'll discuss the various levels of support to help you find the approach that is right for your circumstances.  
Free social | \$5 fitness | \$10 nonmember  
**Register by April 29.**

### Salad First, Sip Second

6-7:30pm, Friday, May 1

We will create and taste 3 salads paired with wine:

1. Shaved Fennel & Apple Salad
2. Provençal Orange Salad
3. Chickpea and Corn salad with Miso Jalapeño Tahini Dressing

Wine only served to 21+ with ID.

\$30 social member | \$41 fitness & nonmember

Instructor: Autumn Gilliam

**Register by April 29.**

### The Ins and Outs of Homeowners Associations

10-11am, Tuesday, May 5

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 May 4.**

### Mayo Clinic Presents: Stroke - When Minutes Matter

10-11am, Thursday, May 7

Stroke affects one in every six people during their lifetime. Come join a local stroke nurse to learn about common risk factors for stroke and strategies to help decrease that risk. Information will be presented on risk factors for stroke including a self-assessment tool, ways to decrease risk, signs of stroke, and what to do if someone is having a stroke.

Presenter: Mayo Clinic Stroke RN

Free social member | \$5 fitness member | \$10 nonmember

**Register by May 6.**

### New Rules in Real Estate

10-11am, Saturday, May 9

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, it 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 than ever for all parties. Attend this class before talking to a real estate agent.

Instructor: Jim Miner

Free social member | \$5 fitness | \$10 nonmember

**Register by May 7.**

### Rochester Clinic/Lotus Health Foundation

#### Osteoarthritis: A Root-Cause Approach to Lasting Joint Health

10-11:30am, Monday, May 11

May is *Arthritis Awareness Month*. Osteoarthritis is not just "wear and tear"—it is also driven by inflammation, metabolic changes, muscle weakness, and joint misalignment. Long-term joint health requires addressing these root causes. In this 30-minute presentation, Dr. Jengyu Lai from Rochester Clinic will explain how inflammation, biomechanics, and muscle strength affect joint health. Participants will learn how lifestyle medicine, regenerative therapies, and proper movement can improve joint function and mobility. This session will share practical strategies to reduce pain, protect joints, and help seniors stay active and independent. Mei Liu will also showcase delicious plant-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 May 10.**

## SOCIAL CLASSES

### AARP Driver Safety

9am-1pm, Tuesday, May 12

Take the AARP Smart Driver™ 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 May 11.**

### Sleep Hygiene

11am-12pm, Thursday, May 14

Discover how small lifestyle changes can make a big difference in your sleep. Join Dr. Josh Wald-Kerr in a class covering the foundations of good sleep hygiene—helping boost recovery, energy, and overall well-being.

Instructor: Dr. Josh Wald-Kerr

Free social member | \$5 fitness member | \$10 nonmember

**Register by May 12.**

### Music and History of Elton John

1-3pm, Thursday, May 14

Join Paul as he uses a presentation with photos and music to tell the story of Elton John. The class will cover his start in music, his many hits, his outrageous stage outfits, the troubled life he led, and the most recent updates on his life.

Presenter: Paul Koeller, Member

Free social member | \$5 fitness member | \$10 nonmember

**Register by May 13.**

### The Wines of Alsace France

6-7:30pm, Friday, May 15

Five wine class exploring the main grape varieties found in Alsace France and the ancient traditional wine making specific to the region. Includes light snacks. Wine only served to 21+ with ID.

Instructor: Autumn Gilliam

\$25 social member | \$36 fitness & nonmember

**Register by May 13.**

### Calming Inflammation and Strengthening Joints From the Inside Out

10-11:00am, Monday, May 18

*Lifestyle and Functional Medicine for Joint Health*

Arthritis is influenced by more than movement alone. This session focuses on how nutrition, physical activity, sleep, stress, social connection, and purpose affect inflammation, insulin resistance, and tissue health. Participants are introduced to a functional medicine perspective that looks at what is happening inside the body and how daily habits can either protect or break down joints. Each session includes a 30-minute educational talk followed by 30 minutes of fitness training provided by 125 LIVE Instructors, helping participants understand their bodies, move more safely, and build a foundation for lasting joint health. Coffee and joint-friendly snacks will be provided to support comfort, focus, and healthy participation during each session.

Presenter: Rochester Clinic/Lotus Health Foundation & 125 LIVE Instructors

\$15 per person.

**Register by May 15.**

### Managing Low Back Pain & Lumbar Spinal Stenosis

10-11am, Wednesday, May 20

Join Dr. Nate Skare for an in-depth presentation on low back pain and lumbar spinal stenosis, a debilitating condition often linked to age-related degeneration of the spine. This presentation aims to increase your understanding of these conditions and provide valuable strategies for managing them and improving your quality of life.

Instructor: Dr. Nate Skare

Free social members | \$5 fitness members | \$10 nonmembers

**Register by May 18.**

### Understanding Home Care Coverage

12-1pm, Wednesday, May 20

Join Karen Hanson from Home Instead and Kovin Benziger from Aveanna Healthcare for an informative session on understanding home care coverage and choosing the best option for your needs. Navigating home care can feel overwhelming—especially when you or a loved one isn't feeling well. We'll help simplify the process by explaining the different types of home care services available, what qualifies for Medicare coverage, and what out-of-pocket costs you can expect. We encourage you to come with questions and concerns.

Presenters: Karen Hanson, Home Instead and Kovin Benziger, Aveanna

Free for social member | \$5 fitness member | \$10 nonmember

**Register for May 18.**