

## SOCIAL CLASSES

**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 March.**  
 Free social member | \$10 fitness member | \$15 nonmember  
**Register by March 17.**

**Rochester Rainbow Choir Flying Colors Tour**  
**Sunday, April 12 2-3:30pm**  
 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.*



**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**

**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.

**NEW SOCIAL GROUP- 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**

**125 LIVE Pottery Studio Showcase: An Artist Mind**  
**4:00-7:00 pm, 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 5:30 pm, 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; some 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)**  
**Register by March 5.**



# 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.



# 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.**

### We Bike Rochester-Elton Hills Drive Safety Discussion

**5-6pm, Tuesday, March 3**

We Bike Rochester has invited a local traffic engineer for a road safety discussion of Elton Hills Drive. If you live in the area or drive Elton Hills Drive often, this topic may be of interest. Come check it out.

**Free and Open to the Public.**

### 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.**

### Friday USA Dance Series - Merengue and East Coast Swing

**11:00 – 11:55 AM, March 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:

**March 6:** Merengue

**March 13:** Merengue

**March 20:** East Coast Swing

**March 27:** East Coast Swing

\$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.**

### 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.

Presenter: Rochester Clinic/Lotus Health Foundation

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

**Register by March 6.**

### 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 member | \$10 nonmember

**Register by March 8.**

# HAPPY HOUR AND NEW MEMBER WELCOME

**MARK BILLY AND KIEGAN RYAN**  
**INDIGENOUS MUSIC-CHOCTAW TRIBE**

**4:30PM, FRIDAY,  
MARCH 20**

**FREE FOR MEMBERS WHO JOINED IN FEBRUARY**  
**FREE SOCIAL MEMBER | \$10 FITNESS MEMBER |**  
**\$15 NONMEMBER**

**REGISTER BY MARCH 17.**



#### 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.

# March Events 2026

## Deep Water Aerobics

**9:30am-10:15am, Mondays & Wednesdays, March 2-18**

This six-session class is in the 50-meter pool. Deep Water Aerobics is a high-energy, low-impact workout performed in the deep end using different equipment for full-body conditioning without joint stress. This class improves cardiovascular endurance, muscle toning, strength, and core stability while providing a refreshing, zero-impact workout for all fitness levels.

Red Cross Certified Safety Instructor & Fitness

Professional: Maureen

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

**Register by February 27.**

## Posture Reset

**2:15pm-2:45pm, Mondays & Wednesdays, March 2-25**

Posture Reset helps undo the effects of long hours of sitting and screen time by addressing tech neck, hunched posture, and rolled-forward shoulders. This class combines simple exercises and stretches to help you stand taller, move better, and feel more comfortable. Light floor exercises included.

Trainer: Sunny

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

**Register by February 27.**

## Healthy Hips

**9-9:30am, Tuesdays & Thursdays, March 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 March 2.**

## Dancing to the Oldies

**10-10:30am, Wednesdays, March 4 and 11**

Dance, move, and smile your way through this fun, low-impact fitness class set to favorite hits from the past. Enjoy easy-to-follow dance steps that improve balance, coordination, cognitive function, and cardio while celebrating the music you love.

Instructor: Fred

\$2 fitness member | \$10 social & nonmember

**Register by March 3.**

## Knee Strength

**11:15-11:45 am, Mondays and Wednesdays, March 4-23**

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 March 1.**

## Triple Fit

**3-3:50 pm, Fridays, March 6, 13, 20, 27**

Triple Fit is a total-body workout that blends heart-pumping cardio, muscle-building strength, and refreshing flexibility training into one balanced class. You'll improve endurance, build strength, and leave feeling energized, stretched, and ready for whatever comes next. Row/Cycle, strength, and floor exercises included.

Instructor: Sunny

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

**Register by March 5.**

## Strength Express

**4:15-4:45pm, Mondays, March 9-30**

Strength Express is a fast-paced, efficient workout focused on building total-body strength using weights, functional movements, and other fitness equipment. Includes floor exercises.

Instructor: Robin

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

**Register by March 6.**

## Disco Dance

**6:30-7:30pm, Friday, March 13**

Get ready to boogie in this high-energy disco dance class packed with classic grooves and fun, easy-to-follow moves. Shine, sweat, and let loose as you dance your way through an upbeat workout that feels more like a party than exercise.

Instructor: Jan

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

**Register by March 12.**

# March Events 2026

## SOCIAL CLASSES

### AARP Driver Safety

**9am-1pm, Tuesday, March 10**

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 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 your home.

Instructor: Jim Miner

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

**Register by March 9.**

### 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.**

### Fraud Fighters: A Practical Guide to Protecting Yourself

**10-11am, Wednesday March 11**

Join us for an engaging and down to earth conversation about one of today's fastest growing threats, **financial fraud**. You've probably seen some of these scams yourself: the "urgent" call claiming you owe money, the email insisting your account is locked, or the text message from a number you've never seen saying your package is delayed... even though you didn't order anything. During this session, our team will walk through real-world examples of scams that many people in our community have encountered. We'll explain why these tactics work, how to recognize the warning signs, and what simple steps you can take to keep your information and accounts secure.

Presenter: Old National Bank

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

**Register by March 10.**

### 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.**

### Food Drive for Community Health Service Inc

**March 16-March 30**

Century High School freshman, Evan Vasquez, is coordinating a food drive for Community Health Service Inc. He is asking us to help our neighbor less than a mile away. CHSI is a non-profit providing medical, dental, and behavioral health care to underserved individuals. Donations of non-perishable foods as well as baby diapers, toilet paper and laundry detergent are requested. Check out the flyer by the entrance. **A bin will be in the entrance of 125 LIVE March 16-30 to drop off your donations.**

### Around the World with USA Dance

**7-10:30pm, Saturday, March 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.**

# March 2026 Events

## SOCIAL CLASSES

### Music Therapy and Cognitive Vitality: The Role of Music in Brain Health

10-11:30am, Monday, March 16

Music plays a crucial and unique role in supporting cognitive function, memory retention, emotional regulation, and social connection that are key areas often affected in cognitive decline. Research shows that rhythm, melody, and singing activate widespread neural networks, enhance neuroplasticity, and stimulate brain regions involved in speech, movement, and executive function. This session explores how general music engagement and music therapy can promote brain resilience and cognitive wellness across the lifespan. Participants will learn how structured musical activities, such as group singing, rhythmic movement, and instrument-based exercises, help preserve identity, reduce stress, strengthen neural pathways, and foster a sense of connection and purpose.

Presenter: Rochester Clinic

**FREE TO ATTEND BUT YOU MUST REGISTER AT THE FOLLOWING LINK:** <https://api.leadconnectorhq.com/widget/form/GdcnrSDCBaECLjgSmmho>

**OR CALL ROCHESTER CLINIC AT 507- 218-3095.**

**Register by March 15.**

### 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.**

### Buying A Home in 2026

10-11am, Saturday, March 21

Are you thinking about buying a home this year? Join Jim for his class where he will share valuable information on what to consider when buying your next home.

Instructor: Jim Miner

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

**Register by March 20.**

### Continuum Financial Presents: 6 Pillars of Financial Planning

10-11am, Thursday, March 19

This presentation is an abbreviated copy of the comprehensive "Financial Planning: A personal guide" seminar. It provides a high-level overview of the 6 key pillars of financial planning and the support a client can expect when working with an Ameriprise advisor.

Presenter: Paula Welch

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

**Register by March 18.**

### Mass Produced vs. Small Production Wines

3:30-5pm, Saturday, March 21

During this class we will compare mass produced wines vs. small production wines by tasting them blindly. Not all wines are created equally. Find out how particular your palate is during this fun blind tasting class.

Wine only served to 21+ with ID.

Instructor: Autumn Gilliam

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

**Register by March 14.**

### Olmsted Medical Center Presents: WHOLEyou Weight Management Program

12-1pm, Monday, March 23

Please join Stephanie with Olmsted Medical Center for an informative discussion about obesity. This presentation will explore obesity as a chronic, complex disease influenced by genetic, biological, microbial, and environmental factors. You will also learn about the WHOLEyou program as a comprehensive treatment option, including how to qualify, how to schedule an appointment, and the various elements and services offered within the program. Stephanie is a Physician Assistant, board-certified through the National Commission on Certification of Physician Assistants, who specializes in caring for individuals with obesity. She is committed to a whole-person approach that combines nutrition therapy, physical activity, behavior modification, and medical intervention to create personalized, sustainable treatment plans for each patient.

Presenter: Stephanie Citronowicz, PA-C Olmsted Medical Center

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

**Register by March 20.**

# March-April Events 2026

## ART AND POTTERY CLASSES

### 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 | \$36 fitness & nonmember

**Register by March 16.**

### Craft and Sip: Handmade Greeting Cards

6-8pm, Friday, March 27

Spend the evening making cards and sipping a glass of wine in a fun, enjoyable make 'n take style event! Choose 6 cards from a variety of designs. All supplies are cut and ready for you to stamp and assemble. No previous experience necessary. Supplies will be provided to complete the cards. Everyone will love your handmade touch when they receive the next card from you! Please register early, as time is needed to prepare the supplies. This class is open to 18+.

Wine only served to 21+ with ID.

Instructor: Heidi Anderson-Isaacson

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

**Register by March 20.**

### Watercolor Class: Spring Flowers

10:30am-12pm, Saturday, March 28

Sign up for a morning of painting spring flowers in a vase using basic watercolor techniques. This class is for beginners, but everyone is welcome! Watercolor, paper, and brushes are available for use in the classroom. You will bring home a minimum of 5 small works on watercolor paper ( 2.5" x3.5" ACEO collectible art card sized minis) that you can then display in a frame or insert in greeting cards to send to friends and family.

Instructor: Mona Arcega

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

**Register by March 26.**

### 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.*

**CONTINUED NEXT COLUMN** →

### CONT. Multi-Gen Spring Break Classes

\$10 social member | \$20 fitness & nonmember (Price is per Pair)

**For all classes register by March 27.**

### 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.**

### Intro to Wheel I

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

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 and nonmember

**Register by April 3.**

### 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.**

# March Events 2026

## ART AND POTTERY CLASSES

### Intro to Wheel I

**5:30-7:30pm, Wednesday, March 4-25**

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: Tom Sandoe

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

**Register by February 25.**

### Dip It Good

**6-8pm PM, 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.**

### A Muddy Date Night

**4-5:30pm, 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 or nonmember

**Register by March 12.**

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**10am-12pm, Friday, March 13 OR**

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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 March 15.**

### Macrame Class- Create Your Own Plant Holder

**1-4pm, Wednesday, March 18 and**

**1-4pm, Friday, March 20**

Join this engaging two-session workshop and learn how to create your own beautiful macramé plant holder from start to finish. You'll learn essential knotting techniques before crafting a stylish, handmade plant holder perfect for your home or as a gift. Each participant will receive a pre-cut macramé kit. You'll choose from two pattern options and three color selections. We'll gather your preferences at the time of registration. No prior experience is needed.

Instructor: Joy

\$15 social member | \$26 fitness & nonmember

**Register by March 16.**

# March-April Events 2026

## SOCIAL CLASSES

### UMR Occupational Therapy Presents: Keys to a Lifetime of Safe Driving

**10-11 am, Thursday, March 26**

Curious about how to make driving easier and safer? Whether you're returning to the road after a health-related pause or simply want to enhance your driving safety, join UMR Occupational Therapy Students for a discussion-based presentation. We will explore adaptations for your car, discuss ways to sharpen your instincts while driving, and troubleshoot common challenges that may be keeping you off the road.

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

**Register by March 25.**

### Crafted for Spring Gift Fair

**9-2pm, Friday, March 27**

Shop a curated selection of local artisans and makers featuring unique gifts and spring décor.

**Free and Open to the Public.**

### 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 non-member

**Register by March 31.**

### Friday USA Dance Series: American Tango and 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**

Apr 3 & 10 - American Tango

**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.**

### 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.**

### 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.

**Register by April 5.**

### 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.**

### 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 his 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

# March-April Events 2026

## SOCIAL CLASSES

**Crutches 4 Africa - Drop off Donation Day\* @ 125 LIVE**  
8am-12pm, Saturday, April 11

**\*\*\*ITEMS MAY NOT BE DROPPED OFF EARLY OR LEFT OUTSIDE FOR PICKUP**

**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. Our goal is to collect 3,000 devices in the next few months.

Please donate your used devices so those in need can improve their mobility and their lives. Every donation changes a life. 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.**

**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 nonmember

**Register by April 13.**

**Simplify Your Life...The Downsizing Process**

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

In this class 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 for social member | \$5 fitness member | \$10 nonmember

**Register by April 15.**

## TECHNOLOGY CLASSES

**Internet Cookies and Trackers**

**11am-12pm, Tuesday, March 3**

Join Vince and learn about internet cookies and trackers, the difference between them, and what they do when you browse the internet.

Instructor: Vince Guerra

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

**Register by March 2.**

**Senior Planet: Everyday Uses of AI**

**11am-12pm, Thursday, March 5**

Everyone is talking about AI. Come to this class to be a part of the conversation! This lecture will show you the ways AI is already present in everyday tasks and how it is used in everything from voice assistants to customer service and healthcare. We'll look at common applications of AI across multiple industries and discuss ways you too can take advantage of this influential technology.

Trainer: Chelsie Gaspar

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

**Register by March 4.**

**Senior Planet: Passwords, Passkeys, and More**

**11am-12pm, Thursday, March 12**

Protecting your online accounts starts with strong password practices. In this lecture, we'll review password basics before exploring options like single sign-on, passkeys, multi-factor authentication, and password managers. Learn why these password alternatives are safe ways to simplify your digital life and keep your personal information secure.

Trainer: Vince Guerra

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

**Register by March 11.**

**Senior Planet: Streaming & Smart TVs**

**11am-12pm, Friday, March 13**

Every day, more people are "cutting the cord" and canceling their cable subscriptions. Instead, they're using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs and streaming devices let you watch videos online on your television.

Trainer: Ken Zaiken

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

**Register by March 11.**

# March 2026 Events

## TECHNOLOGY CLASSES

**Senior Planet: Google Workspaces Workshop**

**11am-12:30pm, Tuesday, March 17**

Learn about some of Google's most popular productivity tools. This discussion will introduce Docs, Sheets, Slides, Photos, and Drive. We have Google Chromebooks available to use during this class. You can log in to your Google Account during the workshop and explore practical and creative uses of Google's many free tools. **Bring your Google account username and password to class.**

Trainer: Fred Ziecina

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

**Register by March 16.**

**Tech Talk with T-Mobile**

**11:30am-1:30pm, Thursday, March 19, 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 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 March 18.**

**Senior Planet: Getting to Know Your iPhone**

**11am-12:30pm, Friday, March 20**

We'll explore some of the iPhone's common features during this hands-on workshop. You'll learn how to interact with the touchscreen, access important controls, and search for specific settings.. We'll also cover some tips and best practices for securing and maintaining your device. **Please note that this workshop focuses on some specific smartphone features and will not cover every smartphone question. Pre-requisites: Participants should bring their iPhone fully charged to class.**

Trainer: Mary Haugen

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

**Register by March 18.**

**Senior Planet: Podcasts at a Glance**

**11am-12pm, Tuesday, March 24**

Podcasts are increasingly popular forms of entertainment and a great source of information on a wide range of topics. In this discussion, you'll learn more about the audio programs available on the internet: why people listen to them, where you can find them, and which are the most popular.

Trainer: Chelsie Gaspar

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

**Register by March 23.**

**Senior Planet: Getting to Know Your Android Smartphone**

**11am-12:30pm, Thursday, March 26**

We'll explore some of the common features of an Android (Samsung) smartphone. You'll learn how to interact with the touch screen, access important controls, and search for specific settings. We'll also cover some tips and best practices for securing and maintaining your device.

**Please note that this workshop focusses on specific Android (Samsung) smartphone features and will not cover every smartphone-related question.**

**Pre-requisites: Bring your phone fully charged to class. Android phones come in a wide variety of types. Popular types include Samsung Galaxy S Series, (e.g. S 25 Ultra, S24+), Google Pixel series (e.g. Pixel 9 Pro, Pixel 9a), and foldable ophones like Samsung Galaxy Z Flip6 and Z Fold6.**

Trainer: Fred Ziecina

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

**Register by Wednesday, March 25.**

**I've Been Scammed...Now What?**

**11am-12pm, Tuesday, March 31**

It can be distressing to realize you've fallen victim to a scam, but knowing how to react is key to minimizing the damage and protecting yourself moving forward. This class is designed to help seniors navigate the steps after being scammed. Whether you've lost money, had your personal information compromised, or been misled in other ways, this class will guide you through the process of recovery. You'll learn how to report scams, protect your finances, recover your identity, and prevent future scams from affecting you.

Trainer: Vince Guerra

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

**Register by March 30.**