

Construction on the new North Broadway Park & Ride facility begins May 18!

The project will add a new 200-space parking structure designed to support improved transit access and service in Rochester. Planned features include transit stops, a sheltered waiting area, additional parking improvements and enhanced site accessibility.

During construction:

- Public access to the Rochester Recreation Center and 125 LIVE will be from Elton Hills Drive only
- The northeast corner of the parking lot will be closed for construction activities
- Construction traffic will enter from North Broadway Avenue

Construction is expected to be substantially completed by December 2026, with operations anticipated to begin in spring 2027.

Find here more information:

<https://www.rochestermn.gov/.../construction-on-north.../>



### Rochester Recreation Center Parking and Access Map



## SOCIAL CLASSES

### Member Happy Hour and New Member Welcome

4:30-6pm, Friday, June 12

We're adding a fun twist to this Happy Hour with traditional Appalachian clogging by the Wild Goose Chase Cloggers! The group consists of 12 dancers accompanied by the lively music of the Good Gravy String Band. As you take in the performance, enjoy appetizers and beverages while catching up with old friends and meeting new ones. Whether you're new to the community or a long-time member, it's the perfect opportunity to connect and experience what our Happy Hour is all about.

Free for new members who joined in April or May.

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

Register by June 10.



*These activities are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the art and cultural heritage fund.*

### 4th of July Bash at 125 LIVE!

11:30am-1pm, Wednesday, July 1

Get ready to celebrate in red, white, and blue as our country turns 250! Join us for a festive summer lunch featuring pulled pork sandwiches with all the fixings. Enjoy live entertainment from The Young at Heart Choir. As part of the celebration, we'll unveil the 125 LIVE Community of Love mural, a special project created by our community since May. This is an event you won't want to miss—be sure to sign up early, as space is limited!

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

Register by June 26.

### Member Happy Hour and New Member Welcome

4:30-6pm, Friday, July 17

Mark your calendars and come meet new and familiar faces at 125 LIVE. Enjoy a fun-filled evening with games, 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!

Free for new members who joined in June

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

Register by July 16.

### 125 LIVE Rummage Sale

9am-12pm, Friday, July 24

Since 1961, we've collected quite a few treasures, and now it's time to share them with the community! Stop by to browse a wide variety of items, including office equipment, supplies, kitchenware, electronics, and much more. You never know what hidden gem you might find.

Please note: no item donations are being accepted for the sale.

Free and open to the public | No registration required.

### Community Talk

10-11:30am, Monday, June 1

Dan Doering, Councilmember, Ward 6, and Administration, City of Rochester, Minnesota, and a representative from Rochester City Public Works, will share the proposed changes to Elton Hill Drive.

Open to all. Registration not required.

### Community Acupuncture Open House

10-12pm, Wednesday, June 3 **OR**

1:30-3:30pm, Friday, June 5

Meet Jalal Soleimani, Doctor of Acupuncture and Licensed Acupuncturist, to learn about his partnership with 125 LIVE and how community acupuncture is bringing affordable wellness services to the facility.

Free for 125 LIVE members. No registration required.

### Let's Discuss Mobility with Dr. Curran: Balance- The Skill That Keeps You on Your Feet

10-11am, Wednesday, June 3

Balance is a skill that can be trained at any age. Dr. Curran discusses why balance matters, common reasons it declines, and simple strategies to improve stability and reduce fall risk.

Presenter: Dr. Levi Curran

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

Register by June 2.

### Friday USA Dance Series - Argentine Tango

11-11:55am, Fridays, June 5

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!

June 5 – Argentine Tango

\$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.

### Castle Quilters Sale

9-11am, Monday, June 8

Come in and check out items the quilters have for sale. You will find them at the marketing table with new items for yourself or give as a gift.

Free and open to the public.

## SOCIAL CLASSES

### Mayo Medical School Senior Sages Information Session

**9:30-10:30am, Monday, June 8**

A 4-year longitudinal program that provides medical students with a unique opportunity to learn more about the aging process from an expert who has experienced it firsthand, their senior sage. A great opportunity to connect with students and make an impact in the future of American healthcare, communicate your experiences and wisdom to the younger generation, and volunteer your expertise to our community.

**Free and open to the public.**

**No registration required.**

### Rochester Clinic/Lotus Health Foundation Presents: How Muscle Health Protects Your Brain

**10-11:30am, Monday, June 8**

June is *Alzheimer's & Brain Awareness Month*. While many think brain health starts in the head, research shows it also begins in the muscles—especially the large muscles of the legs. In this 30-minute presentation, Dr. Jengyu Lai from Rochester Clinic will explain how leg strength improves circulation to the brain, supports blood sugar balance, and helps reduce insulin resistance—an important factor linked to cognitive decline. Participants will learn how walking, strength training, and balance exercises can support both mobility and brain health. This session will share simple ways for seniors to build muscle, improve circulation, and protect long-term cognitive vitality. Mei Liu will also share 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 June 7.**

### Mayo Clinic Hospice Presents: Dementia and Caregiving

**1-2pm, Monday, June 8**

This presentation will provide an overview of the different types of dementia. Attendees will gain a clearer understanding of how to deliver high-quality, person-centered care across various settings, including the home, memory care communities, and nursing homes. We will also explore practical strategies for planning future care needs and review common scenarios families and caregivers may encounter.

**Presenter:** Amy Langgaard, LICSW and Amy Stelpflug, Mayo Clinic Hospice

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

**Register by June 5.**

### Selling Your Home in 2026

**10-11am, Tuesday, June 9**

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 June 8.**

### Forté Open House

**11am-1pm, Tuesday, June 9 OR**

**11am-1pm, Tuesday, July 14**

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, you must register to reserve a shuttle seat.

Free and open to the public.

**Register by June 8 or July 13 respectively.**

### Community Acupuncture at 125 LIVE

**10am-12pm, Wednesday, June 10 OR**

**1:30-3:30pm, Fridays, June 12 OR June 26**

**no sessions June 17, 19 or 24**

Affordable group acupuncture sessions for stress relief, pain support, better sleep, and overall wellness. Jalal is a MN-licensed acupuncturist and doctor of acupuncture and herbal therapy with additional background in International Medical Doctor and research at Mayo Clinic. He offers a gentle, patient-centered approach focused on restoring balance, reducing stress, supporting pain relief, and improving overall wellness. Community acupuncture is a comfortable and affordable style of acupuncture offered in a shared, relaxing space where treatments are individualized while allowing several people to receive care together. Treatments are gentle, fully clothed, and done in comfortable reclining chairs. Sessions last approximately 30 minutes. Loose, comfortable clothing is recommended. Common reasons people come: anxiety relief, neck, shoulder & back pain reduction, headache, fatigue, joint stiffness, and general wellness support.

\$40 social member | \$52 fitness & nonmember

**Register early as spots are limited.** If space is

available on the day of, you may register at the membership services desk.

125 LIVE

**4th of July**

# BASH

**WEDNESDAY, JULY 1**

**11:30am-1pm**

FOOD | MUSIC | FELLOWSHIP

**MURAL UNVEILING**

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

**Register by June 26**

## Join us in Celebrating America's 250th Birthday!

125 LIVE is excited to launch a special community art project, a vibrant 8' x 8' "Community Love" mural made up of 350 individual tiles. Each tile represents a unique voice and vision, coming together to form a powerful symbol of unity, creativity, and pride. You are invited to be part of this one-of-a-kind project by designing your own tile! During this experience, you will create your artwork on a tile that will become part of the mural, and also make a duplicate of your design on cardstock to take home as a keepsake.



Instructor-led sessions will be held throughout May and June, making it easy and fun for participants and of all ages, and of all skill levels to contribute. **Each tile is available for just \$30, with proceeds supporting this special fundraiser to bring the mural to life.**

Leave your legacy by creating a tile in honor or memory of a loved one, or as a tribute for future generations to enjoy. Your contribution will become part of a lasting community masterpiece for years to come. Whether you're an artist, a beginner, or simply someone who loves being part of something bigger, this is your chance to make your mark.

Spots are limited, so we encourage you to sign up early and secure your place in this historic celebration.

*The mural will be unveiled on July 1 at the 125 LIVE annual 4th of July Celebration, 11:30am-1pm. Registration is required to attend the unveiling. More details to follow soon.*

**Don't wait- sign up now to help create this inspiring, community project.**

### **Mural Art Session: \*Coffee and Kahlua** 9:30-11am, Tuesday, June 9

Follow along with an instructor-led design or freestyle of your own choosing. \*This class includes alcohol. Kahlua is only served to those 21+ with ID. Cost: \$30 per tile

**Register by noon on June 8.**

### **Mural Art Session: \*Sip and Paint** 1-2:30pm, Wednesday, June 10

Follow along with an instructor-led design or you may choose to freestyle your own. \*This class includes alcohol. Wine is only served to those 21+ with ID.

Cost: \$30 per tile

**Register by noon on June 9.**

### **Mural Art Session: \*Sip and Paint** 6-7:30pm, Thursday, June 11

Follow along with an instructor-led design, or you may choose to freestyle your own. \*This class includes a wine or non-alcoholic beverage. Wine is only served to those 21+ with ID.

Cost: \$30 per tile

**Register by noon on June 10.**

### **Mural Art Session: \*Multi-Gen** 3:30-5pm, Saturday, June 27

\*This class is designed for an adult to accompany a child and do the class together. You can design your own tile.

Cost: \$30 per tile

**Register by noon on June 26.**

## SOCIAL CLASSES

### **The Music and History of Queen** 1-3pm, Thursday, June 11

Join Paul as he uses a presentation with photos and music to tell the story of the rock group Queen. The class will cover their beginning up to their recent touring. You'll learn about their famous lead singer Freddie Mercury and much more.

Presenter: Paul Koeller

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

**Register by June 10.**

### **Disco Fever with USA Dance** 7-10:30pm, Saturday, June 13

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 Open to the public ~ Couples and singles of all ages welcome!

**NO REGISTRATION REQUIRED.** Please arrive and pay at entrance of the event.

### **Rochester Clinic/Lotus Health and 125 LIVE Presents: Healing Steps to Stronger Joints Workshop- Helping Your Joints Heal and Stay Strong**

10-11:00am, Monday, June 15

Once movement patterns and internal health are addressed, the body is better able to heal. This session introduces regenerative approaches that support tissue repair and pain reduction, while emphasizing the importance of biomechanics and lifestyle in preventing recurrence. Participants learn how to build a long-term plan to maintain strength, mobility, and confidence in daily activities. Each session includes a 30-minute educational talk followed by 30 minutes of fitness training provided by a 125 LIVE Instructor. The instructor will help participants understand their bodies, move more safely, and build a foundation for lasting joint health. Coffee and joint-friendly snacks will be provided.

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

\$15 per person/per session.

**Register by June 12.**

### **Keller Williams Premier Realty Presents: The Real-Life Home Selling Playbook** 12-1pm, Tuesday, June 16

A straightforward, real-world guide to navigating every step of the selling process—from pricing to closing—so you can avoid costly mistakes and walk away with the strongest possible outcome. Refreshments provided.

Presenter: Laurie Mangen, Keller Williams Premier Realty

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

**Register by June 15.**

### **Buying A Home in 2026** 10-11am, Saturday, June 20

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 June 19.**

### **Emerald Financial Group/Thrivent Presents: Budgeting**

12:30-1:30pm, Tuesday, June 23

This workshop suggests the Financial House as a resource for attendees to explore their own situation and offers Money Canvas or further conversations with a financial advisor as next steps. Budgeting is generally towards clients early in their financial journey, but is also great for people adjusting to the new lifestyle of retirement and how to budget through that.

Refreshments provided.

Instructor: Emerald Financial Group/Thrivent

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

**Register by June 22.**

### **Caring Transitions Presents: What's it Worth** 10-11am, Wednesday, June 24

Not everything has the value we think it does, and some things are worth more than expected. This session breaks down how to determine the real market value of household items, antiques, and collectibles, and how to make informed decisions when selling or donating. Refreshments provided.

Instructor: Caring Transitions

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

**Register by June 23.**

### **The Music and History of the Rock Group Chicago** 1-3pm, Thursday, June 25

Join Paul as he uses a presentation with photos and music to tell the stories of the rock group Chicago.

Presenter: Paul Koeller

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

**Register by June 24.**

# June-July Events 2026

## SOCIAL CLASSES

### Olmsted County Adult Protection Services: Who Are They and What Do They Do

**11:45am-12:45pm, Friday, June 26**

Join us for an informative and interactive presentation by the Olmsted County Adult Protection Team. Learn how to recognize who may be considered a vulnerable adult, identify signs of abuse, financial exploitation, and neglect, and understand when and how to report concerns. The team will also explain where reports can be made and what happens after a report is submitted. Don't miss this valuable opportunity to gain knowledge and resources that can help protect vulnerable adults in our community. Free for 125 LIVE members.

**Register by June 26.**

### Gold Leaf Insurance Presents: Medicare 101

**1-2pm, Saturday, June 27 OR**

**6-7pm, Tuesday, July 28**

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 2025 prescription drug benefit model, and how to avoid late enrollment penalties.

Presenter: Lee Ziesmer

Free 125 LIVE member. Registration requested.

**Register by noon on June 26 or by noon July 28 respectively.**

### If You Like Pinot Noir... Try This!

**3:30-5:00pm, Saturday, June 27**

Pinot Noir lovers know the magic of a wine that is elegant, expressive, and beautifully balanced. But what if you could discover other grape varieties that offer similar charm while opening the door to new regions and flavors? We will explore **several lesser-known grape varieties that share qualities with Pinot Noir**—wines that highlight bright acidity, silky textures, and nuanced aromatics. If you love Pinot Noir but aren't sure where to begin when branching out, this class will guide you through some exciting alternatives. Together we'll taste **4-5 wines** from around the world that echo the finesse and food-friendly character of Pinot Noir, while showcasing their own unique personalities.

Instructor: Autumn Gilliam

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

**Register by June 24.**

### Pickleball 2.0

**2-3pm, Monday-Thursday, June 29, 30 July 1 and 2**

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.

Instructor: Angie Tauscher

\$75 125 LIVE member | \$89 nonmember

**Register by June 26.**

### Introduction to Pickleball

**3-4pm, Monday-Thursday, June 29, 30, July 1 and 2**

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!

Instructor: Angie Tauscher

\$75 125 LIVE member | \$89 nonmember

**Register by June 26.**

### The Art of a Butcher

**1:30-2:30pm, Monday June 29**

Join our exclusive, hands-on class where you'll master the art of hog butchery! Discover the various cuts, learn expert preparation techniques, and savor the delicious results. This unforgettable experience will elevate your culinary skills and deepen your appreciation for fine meat.

Instructor: Ken Baerg

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

**Register by June 28.**

### Where Do I Go Now? Housing Alternatives

**10-11am, Tuesday, July 7**

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 their home, attend Jim's class and learn about your options.

Presenter: Jim Miner

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

**Register by July 6.**

# June-July Events 2026

## SPECIALTY FITNESS CLASSES

### Multi-Generational Zumba

**4-5pm, Saturday, June 20**

Join us for an energetic and fun-filled family-themed Zumba dance workout for families to do together. Suitable for any level! For adults with children over the age of 4 years. An adult registered in the program must accompany each child. Stay after and enjoy some ice cream and light refreshments!

Instructor: Katie

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

**Register by June 20.**

### Gears & Beers

**4:30-5:30pm, Friday, June 26**

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 June 26.**

### Great Outdoors Scavenger Hunt!

**2:30-3:30pm, Monday, June 29**

Send off National Great Outdoors month by stimulating your senses with a scavenger hunt through nature! Explore outdoors, connect with nature, and engage your senses! You will work individually or with a small group to complete as many items on the list. We will meet outdoors on the patio near the front entrance and walk the nearby trail along the river. Compare what you found with some light snacks and refreshments at 3:10pm

Instructor: Kris

Free fitness & social member | \$10 nonmember

**Register by June 29.**

### Rainbow Glow Ride

**6-7pm, Monday, June 29**

Rainbow glow ride is a 45 minute high-intensity cycle class, improving cardiovascular health and endurance, with a colorful flare! Let's celebrate diversity and inclusion in our community! Energetic music will keep you motivated and fun, colored lights will have you feeling like you're at a party! Stay after for snacks and refreshments!

Instructor: Heidi

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

**Register by June 29.**

### Wall Pilates

**1:45pm-2:15pm, Tuesday, June 30**

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 June 29.**

### Raise the Bar

**5-5:45pm, Mondays & Wednesdays, July 13, 15, 20, 22**

In this class you will learn how to effectively use a weighted bar, increasing foundational strength and balance. These bars differ from a traditional barbell as the weight is distributed evenly and is comfortable to grip. Learning new techniques is not only good for your body, but amazing for the brain! Expect a full body workout, including floor exercises. Squat, curl, and press your way into a healthier and stronger you in a supportive and fun environment!

Trainer: Katie

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

**Register by July 13.**

### Muscle Clinic

**3-4pm Mondays & Wednesdays July 6-29**

Are you interested in learning more about how to build muscle and strength but not sure where to start or how to get over a plateau? This class is for you! Muscle Clinic is a 60 minute twice a week class with a focus on hypertrophy. A certified personal trainer will lead you through a full workout using a variety of resistance tools, ensuring proper form and safe execution so you get the best benefit. We will also have a discussion afterward in which we will dive into reps, sets, rest, and nutrition! Expect a workout up to 45 minutes and at least 15 minutes of discussion. Floor exercises included, some experience with weights is ideal.

Instructor: Kris Wagner

\$58 fitness member | \$71 social & nonmember

**Register by July 6.**

### Walking to the Oldies

**11-11:45am, Wednesday, July 22**

Enjoy this low impact and beginner friendly dance style class! You'll be walking, sliding, and lifting your legs to the beat of the classics! Let's step back in time and let the music take you away!

Instructor: Katie

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

**Register by July 21.**

# June Events 2026

## SPECIALTY FITNESS CLASSES

### Healthy Hips

9-9:30am, Tuesdays & Thursdays, June 2-25

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 | \$47 social & nonmember

**Register by June 1.**

### Stick Mat Pilates

1:45pm-2:15pm, Tuesdays, June 2-23

This is a gentle mat Pilates class done with a stick. Using a wooden training stick will provide resistance and improve alignment, while focusing on breathing techniques and full body connection. The class will focus on strengthening the core and increasing flexibility. Floor exercises included.

Instructor: Olga

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

**Register by June 2.**

### Group Shaker

2:30-3:00pm, Tuesdays June 2-30

Vibration plates will be a key component of this exercise program. The program will incorporate balance and strength training exercises using a vibration plate in various standing and sitting positions. Floor exercises included.

Instructor: Kris

\$27 fitness member | \$38 social & nonmember

**Register by June 2.**

### Agility and Core

5:15 - 5:45pm Thursdays, June 4-25

This four-week class will have you ready for summer activities! We will focus on improving your agility and balance through footwork and dynamic core exercises. We will also focus on strengthening the core to support you through movement. This type of exercise is amazing at improving your hip, knee, and core strength and stability. You'll have a better golf swing, improved reflexes for pickleball, and more stamina for activities you love!. You can expect to use a variety of equipment, including ladders and dumbbells. Floor exercises included.

Instructor: Nataly

\$20 fitness member | \$30 social & nonmember

**Register by June 4.**

### Neck & Back Mobility

9-9:30 am, Fridays, June 5-26

This gentle mobility class is designed to release tight necks, open the upper back, and restore easy, natural movement to your spine. Through slow, intentional stretches and controlled mobility work, we will work to improve posture, reduce stiffness, and help you move through your day feeling lighter and more aligned.

Instructor: Katy Hetland

\$38 fitness member | \$50 social & nonmember

**Register by June 5.**

### Suspension Training

12:45-1:15 pm, Fridays, June 5,12,19,26

Suspension training is a fun way to use your body weight in different ways. In this class, you will participate in exercises that are easy on the joints while improving flexibility and mobility. You will increase your strength and work your muscles in ways you have never done before. Floor exercises included.

Trainer: Kris

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

**Register by June 5.**

### Belted Deep Water Workout

7:15-7:45am, Fridays, June 5-26 OR

7:15-7:45 am, Tuesdays, June 9-30

This four-week class is in the 50-meter pool. You will use an aqua belt or a flotation device in deep water to engage in a high-intensity, zero-impact workout! This class will be great to improve both stability and strength! Give this unique offering a try, and you won't regret it!

\*Belt sits above the waist and is adjustable up to 56 inches\*

Trainer: Kerry

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

**Register by June 5 or June 9 respectively.**

### Deep Water Aerobics

1:30-2:15pm, Thursdays, June 18-July 16

This 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. Participant must be comfortable using a pool noodle, use of the water belt is optional.

Instructor: Maureen

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

**Register by June 18.**

# July Events 2026

## SOCIAL CLASSES

### Dr. Josh Wald Kerr Presents: Introduction to Medical Imaging

11am-12pm, Thursday, July 9

If you've ever felt confused looking over an x-ray report or attempting to decipher your imaging, this is the class for you! Join Dr. Josh Wald-Kerr in a discussion on common reasons for medical imaging, comparisons between several types of imaging, and limitations of technology involved.

Instructor: Dr. Josh Wald-Kerr

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

**Register by July 7.**

### Part 1\* The Art of Orthotics Presents: Scientific Shoe Fit

10-11am, Thursday, July 9

Shoes have an enormous effect on how we move. Edith James, Licensed Pedorthist, will explain "scientific shoe fit" and how it may benefit you and your well-being. A pedorthist is like a pharmacist for the feet and is the shoe-fitting expert in the medical field. Don't hesitate to join this informative class.

Presenter: Edith James, Art of Orthotics/Quantum Medical

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

**Register by July 9.**

### Part 2\* Art of Orthotics Presents: Diabetic Foot Clinic

11am-12:30pm, Thursday, July 9

Edith will explain Medicare's Diabetic Therapeutic Shoe Program. If you have diabetes and Medicare, here's an opportunity to learn about your benefits and be fit scientifically. She will also discuss other foot issues.

Presenter: Edith James, Art of Orthotics

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

**Register by July 9.**

**\*Discount Part 1 and 2: free social member | \$5 fitness member | \$10 nonmember. Must register using the Discount part 1 and part 2 Art of Orthotics Presents registration.**

### The Music and History of the Rock Group America

1-3pm, Thursday, July 9

Join Paul as he uses a presentation with photos and music to tell the stories of the rock group America.

Presenter: Paul Koeller

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

**Register by July 8.**

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

2-3pm, Monday, July 13

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 the Minneapolis airport.

Stop in to pick up a trip flyer for more details or click the links for your desired destination.

**Southern Charm: Charleston, Savannah & Jekyll Island (March 2027)**

Travel Dates: March 8-14, 2027

<https://gateway.qocollette.com/link/1340052>

**Exploring South Africa, Victoria Falls, Botswana (May 2027)**

Travel Dates: May 5-19, 2027

<https://gateway.qocollette.com/link/1340043>

**Alaska by Land & Cruise (September 2027)**

Travel Dates: September 8-20, 2027

<https://gateway.qocollette.com/link/1428584>

Free and open to the public

**Register by July 12.**

### Dr. Skare Presents: Maintaining Foot Health as We Age

10-11am, Wednesday, July 15

Your feet are the foundation of every step you take—literally. Join Dr. Nate Skare for this class and explore how foot function changes over time and the simple strategies you can use to stay mobile, strong, and pain-free. Learn how to support your feet with the right movement, footwear, and habits to keep you active and injury-free for the long haul.

Presenter: Dr. Nate Skare, Skare Spine and Performance

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

**Register by July 13.**

### Mayo Clinic: Strong for Life: The Role of Muscle Health in Healthy Aging

12-1pm, Wednesday, July 15

Strong, healthy muscles are the foundation of a vibrant, independent life. Join us for a community seminar with Dr. Ian Lanza, exploring what muscles do for overall health, how the aging process affects them, and practical strategies you can start using today to maintain and improve your muscle health at any age. Whether your goals are to stay active, prevent injury, or simply feel your best in the years ahead, this seminar may be for you. Refreshments will be provided.

Presenter: Dr. Ian Lanza, Mayo Clinic

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

**Register by July 13.**

# June-July Events 2026

# June-August Events 2026

## SOCIAL CLASSES

### Keller Williams Premier Realty Presents: Aging in Place

12-1pm, Thursday, July 16

Are you one of the 93% of adults aged 55+ who believe that aging in place is essential for a happy and healthy life? If so, you're in the right place! I understand that aging in place is a cherished goal, but achieving it requires careful planning, patience, and a bit of know-how. We will cover how to navigate the ins and outs. Refreshments provided.

Presenter: Laurie Mangen, Keller Williams Premier Realty  
Free social member | \$5 fitness member | \$10 nonmember  
**Register by July 15.**

### 125 LIVE Castle Quilters Sidewalk Sale

9am-11am, Monday, July 20

Attention all crafters, sewers, quilters this sale is for you! If you are looking for fat quarters, fabric bundles, Christmas fabric, jewelry, quilting books, dark flannel, fleece, and miscellaneous items you won't want to miss this sale. The quilters will be having a bag sale -small bags for \$10 and large bags for \$20. Not a crafter or quilter? The quilters will also have lots of finished quilts and items for you too! Cookies and coffee will also be available while you shop. Free and open to the public | No registration required.

### Rochester Clinic/Lotus Health Foundation Presents: Brain Health Series- Sound Bowl Healing and Stress Management

10-11:30am, Monday July 20

This workshop explores how stress affects the brain and body and introduces practical tools to support cognitive resilience and well-being. Participants will learn how chronic stress impacts memory, focus, mood, and sleep, and how the nervous system shifts between stress and restorative states. The session includes simple, evidence-informed practices such as breathing and mindfulness, along with sound bowl healing to promote relaxation, focus, and emotional balance. Featuring **Gail Van Kanegan**, holistic wellness practitioner and sound therapy expert, and **Connie Iezzi**, Reiki Master and holistic practitioner, specializing in sound, vibration, and somatics. The session is followed by healthy brain food samples and recipes presented by Mei Liu.

Presented by: Rochester Clinic /Lotus Health Foundation  
Free with registration.

**Register by July 17.**

## TECHNOLOGY CLASSES

### Senior Planet- Using Google Drive

11am-12:30pm, Wednesday, June 10

If you have a Gmail address, you have access to free cloud storage through Google Drive! With this cloud storage service, you can store many types of files and access them from any device with an internet connection. In this hands-on workshop, you'll create and upload folders to Drive and organize your files within folders. We'll also go over how to share folders with others. **Prerequisites:** You must have a Gmail address and be somewhat comfortable navigating the internet. Bring your Gmail username and password and be ready to sign in during the workshop. Also, bring your smartphone fully charged, as Google may send a code to your phone to verify your sign-in. During the class, you can follow along on your phone, bring your own laptop, or use one of 125 LIVE Google Chromebooks.

Trainer: Fred Ziecina

\$5 social member | \$10 fitness member | \$20 nonmember. **Register by June 8.**

### Intro to Booking Vacation Stays Online

11am-12:30pm, Thursday, June 11

Need a vacation? Learn about popular websites and apps for booking vacation rentals. Do you love to travel but miss the comforts of home when you're away? Thanks to a variety of websites and apps, you can find your perfect home away from home almost anywhere in the world! This Senior Planet discussion introduces popular vacation rental sites, their common features, and how to find great deals. Additionally, you'll learn how to choose your vacation rental wisely and stay safe while traveling. Need to travel on a budget? We'll also discuss alternatives to rentals, such as online platforms for home exchanges and housesitting!

Instructor: Chelsie Gaspar

\$5 social member | \$10 fitness member | \$20 nonmember  
**Register by June 10.**

## ART & POTTERY CLASSES

### Paint Your Own Fairy House: A Whimsical Creative Workshop

5:30-8:30pm, Wednesday, June 10 **OR**

1-4pm, Friday, July 17 **OR**

9am-12pm, Saturday, August 8

Let your creativity take flight in this whimsical paint-your-own fairy house class! Each participant will receive a pre-made "blank canvas" fairy house, ready to be transformed into a magical miniature home. Using a variety of paints and decorative techniques, you'll design and personalize your fairy house however you imagine whether it's colorful and playful, rustic and woodland-inspired, or sparkling with enchantment. No experience is needed just bring your creativity and sense of fun! All materials are provided. Come enjoy a relaxing, hands-on experience and leave with a one-of-a-kind fairy house to brighten your home or garden.

Instructor: Kelli Lucas

\$60 social member | \$73 fitness & nonmember

**Register by May 27 OR July 3 OR July 25 respectively.**

### Multi-Generational Basic Pinch Pot

1-2:30 pm Wednesday, June 17

All ages 6+ are welcome to join us for a fun and engaging beginner's ceramic class focused on creating pinch pots. Whether you're a child, parent, or grandparent, everyone can enjoy the creative process of hand building with clay. Discover the fundamentals of pinch pot making, including how to shape and mold clay using just your hands. **This class is designed for an adult and child to take together but all are welcome.**

Instructor: Claudia Riegler

\$20 social member | \$31 fitness & nonmember **(PRICE PER PAIR)**

**Register by June 12.**

### Altered Bowls

10am- 12pm, Friday, July 24 and 31

This class builds on your skill in making bowls. We will take the bowl form and change its shape or reform the rim. Class 1- changing the shape of the bowl, Class 2- rim alterations. You will be able to keep 1 bowl made during class. Clay and tools will be provided. Your project will be glazed by the instructor and ready for pick up at a later date.

**Prerequisite: Participants should be able to throw a 2-3 lb bowl.**

Artist: Carolyn Real

\$85 social member | \$99 fitness & nonmember

**Register by July 21.**

### Multi-Generational Animal Sculptures

1-3pm, Wednesday, August 5

All ages 12+ are welcome to join us for a fun and engaging beginner's ceramic class focused on creating pinch pots. Whether you're a child, parent, or grandparent, everyone can enjoy the creative process of hand building with clay. Discover the fundamentals of pinch pot making, including how to shape and mold clay using just your hands. **This class is designed for an adult and child to take together but all are welcome.**

Instructor: Claudia Riegler

\$41 social member | \$52 fitness & nonmember **(PRICE PER PAIR)**

**Register by July 31.**

### Beginning to Clay

6:30-8:00pm, Thursdays, Aug 13-Sept 3

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 vase and one wheel-thrown bowl.

Instructor: Anna Glenski-Kjose

\$135 social member | \$152 fitness & nonmember

**Register by August 10.**

### Multi-Generational Pot Planter

1-3pm, Wednesday, August 19

All ages 12+ are welcome to join us for a fun and engaging beginner's ceramic class focused on creating pinch pots. Whether you're a child, parent, or grandparent, everyone can enjoy the creative process of handbuilding with clay. Discover the fundamentals of pinch pot making, including how to shape and mold clay using just your hands. **This class is designed for an adult and child to take together but all are welcome.**

Instructor: Claudia Riegler

\$41 social member | \$52 fitness & nonmember **(PRICE PER PAIR)**

**Register by August 14.**

### Clay Lace Bowl

6:30-8:30pm, Friday, August 28

Join us for this exciting hand building class as we use lace doilies pressed into clay to create these beautiful and unique bowls. They will be glazed in one of our house colors. When finished they will be food-safe usable pieces of art.

Instructor: Anna Glenski-Kjose

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

**Registration by August 25.**