

## SOCIAL CLASSES

# HAPPY HOUR AND NEW MEMBER WELCOME



## 4:30PM, FRIDAY, JUNE 12

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

**REGISTER BY JUNE 10.**



### 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.

### Member Brunch and New Member Welcome

**11:30am-12:30pm, Saturday, May 16**

**Brunch Served: 11:30am – 12pm**

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 April

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

**Register by May 13 at 12pm.**

**\*New members, please call Membership Services to register for the event 507-287-1404\***

### 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 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.*

### Friday USA Dance Series:

**11-11:55am, 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**

**May 1 & 8 East Coast Swing**

**May 15 & 22 Rumba**

**May 29 & June 5 Argentine 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.**

### 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.**

### Mayo Clinic Hospice: Advanced Care Planning

**12-1 pm, Monday, May 4**

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:** Amy Langgaard, LICSW, Mayo Clinic Hospice

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

**Register by May 3.**

## SOCIAL CLASSES

### 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.**

### Aging in Place and the Resources Needed to Fulfill your Dream

10:30am-12pm, Thursday, May 7

Are you hoping to stay in your home as you age? Join us for an empowering session on how to make that goal a reality. Presenters Kelly Kelly of Fairway Home Mortgage and Laurie Mangen of Keller Williams Premier Realty will break down the pros, cons, and common myths surrounding home equity options. You'll learn about available resources, qualification guidelines, strategies to help you remain comfortably and confidently in your home for years to come, and will explore how to use your home equity wisely while protecting your financial future and legacy. Whether you're just beginning to plan or looking for practical next steps, this class will provide valuable insights to help you make informed decisions about your future.

Presenter: Kelly Kelly, Fairway Home Mortgage and Laurie Mangen, Keller Williams Premier Realty, Rochester

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

**Register by May 6.**

### Advanced Financial Presents: Countdown to Retirement

1-2pm, Friday, May 8

Countdown to Retirement: Charting a course to help you navigate financial decisions leading up to and in retirement. As retirement approaches, we're here to help you make the most of this important decision. This workshop is designed for those nearing and in the early stages of retirement.

Presenter: Keith Meyers CFP and Jared Woodward CFP

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

**Register by May 7.**

### 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.**

### Moonlight Swing Soiree with USA Dance

7-10:30pm, Saturday, May 9

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.**

### 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. 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.**

## SPECIALTY FITNESS CLASSES

### Neck & Back Mobility

9-9:30 am, Fridays, May 1, 8, 15, 22, 29

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.

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

Instructor: Katy Hetland

**Register by April 30.**

### GLP-1 Muscle Recovery Group

4:00 pm - 4:50 pm Tuesdays & Thursdays May 5 - June 11

Start rebuilding muscle and strength while using a GLP-1 for weight loss. Counteract muscle loss by engaging in this twice-weekly strength training program. This small-group program will address activity considerations common among GLP-1 users in a safe and supportive environment.

Instructor: Nataly

\$275 fitness member | \$290 social & nonmember

**Register by May 4.**

### Aqua Kickboxing

9-9:30 am Thursdays, May 7-28

This four-week class is held in the warm-water pool. Take advantage of water's buoyancy to reduce impact on your joints during high-intensity exercises. We will go through a series of kicks and punches to improve cardiovascular health and endurance.

Instructor: Kris

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

**Register by May 7.**

### Core Burn

11-11:30am, Friday, May 8

Power and Core kettlebell HIIT! Ignite your strength and stability in this dynamic kettlebell-based HIIT workout! This class combines explosive power movements with targeted core training to build total-body strength, improve endurance, and boost performance. Expect intervals that challenge you, along with floor work designed to strengthen and stabilize your core.

Instructor: Intern Jack Archbold

Free fitness member | \$10 social & nonmember

**Register by May 8.**

### Pizza & Biking Party!

6:30-7:30pm, Friday, May 15

National bike to work day and national pizza party day on the same day calls for a celebration! What better way than a cycle class followed by pizza!? You will engage in a 45 minute high intensity cycle class with great music to keep you moving and even better company! Treat yourself by staying afterwards for pizza and community!

Instructor: Heidi

\$15 fitness member | \$25 social & nonmember

**Register by May 15.**

### Pool Party / Fundraiser

9-10:30am, Saturday, May 16

Make a splash at this fun Pool Party fitness event while supporting a great cause! Enjoy upbeat water exercises, music/dancing, and community fun as we raise funds for new aquatic equipment. 45-minutes of Aqua Aerobics and Aqua Zumba! Followed by drinks and snacks with the instructors afterwards in the River Room.

Instructors: Kerry and Katie

\$20 fitness member | \$35 social & nonmember

**Register by May 16.**

### Zumba Fiesta!

6:30-7:30pm, Friday, May 29

Cinco de Mayo needed another day... so we're bringing the fiesta to May 29! Join us for a high-energy 45-minute Zumba party filled with fun music, great vibes, and non-stop dancing. Then stick around to celebrate with chips, salsa, and a refreshing margarita to top it all off. Don't miss this festive workout + social combo—it's the perfect way to move, mingle, and celebrate!

Instructors: Iliana & Nataly

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

**Register by May 29.**

## ART AND POTTERY CLASSES

### 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.**

### Watercolor Techniques

**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 May 18.**

### Intro to Wheel Part II

**5:30-7:30pm, Thursday, May 28-June 18**

This four-week class is the perfect next step after Wheel 1, designed to build your skills and confidence at the wheel. You'll create functional pieces like cups, bowls, and a simple plate while exploring techniques that elevate both form and function. Learn how to pull handles, craft lids, and trim your work to refine each piece's design.

Practice clay will be available throughout the class so you can experiment and grow your skills, and the course also includes clay for you to keep a selection of your finished pieces.

Prerequisite: Intro to Wheel 1

Instructor: Carolyn Real

\$170 social member | \$188 fitness & nonmember

**Register by May 25.**

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

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

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

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 or nonmember

**Register by May 27 OR July 3 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 and 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 and nonmember

**Register by July 21.**

## SOCIAL CLASSES

### Medicare 101

**6-7pm, Monday, May 11**

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, Gold Leaf Insurance Agency  
Free 125 LIVE members. Registration requested.

**Register by noon on May 11.**

### 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.**

### Forté Open House

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

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

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 May 11 OR June 8 respectively.**

### Advanced Financial Presents: Understanding Social Security and Medicare

**6-7pm, Tuesday, May 12**

As the time for Social Security approaches, we're here to help you make the most of this important retirement benefit that you spent a lifetime paying into. With this in mind, we have provided basic answers to some of the most common questions associated with Social Security and the benefits it provides. This workshop is a starting point for discussions you'll have when crafting a retirement plan. Even though there isn't a one-size-fits-all solution for Social Security planning, this workshop will help you take the first steps.

**CONTINUE IN THE NEXT COLUMN----->**

### CONT. --->Advanced Financial Presents

Please join us for a workshop where we will educate you and answer questions regarding the following topics:

**Social Security:** Qualification, benefit calculation and eligibility, a decision timeline when applying for benefits, taxation issues, spousal benefit options, **The Basics of Medicare,** Parts A & B, Advantage Plans (Part C), Prescription Drug Coverage (Part D), Medicaid and Long Term Care.

Presenter: Keith Meyers CFP and Jared Woodward CFP  
Free social Member | \$5 Fitness | \$10 nonmember

**Register by May 11.**

### Old National Bank Presents: Money Safety for Seniors 10-11am, Wednesday, May 13

Scammers are becoming increasingly sophisticated and older adults are often their primary targets. This informative and empowering class is designed to help you recognize, avoid, and respond to common financial scams.

We'll cover a wide range of fraud tactics, including phone scams, service and home repair scams, advance fee schemes, sweetheart/romance scams, mystery shopping fraud, and IRS impersonation scams. Learn the warning signs, how scammers gain trust, and the red flags that can help you stop fraud before it happens.

In addition, you'll discover practical steps to protect your personal and financial information, what to do if you suspect a scam, and exactly where and how to report fraudulent activity. Resources from trusted agencies will be shared so you leave feeling confident and prepared.

Presenter: Old National Bank

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

**Register by May 12.**

### 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.**

# May Events 2026

## SOCIAL CLASSES

### 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 varietals found in Alsace France and the ancient traditional wine making specific to the region. Includes light snacks. Wine only served to 21+ with ID.

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

Instructor: Autumn Gilliam

**Register by May 13.**

### CarFit, Find your Safest Fit

10am-2pm, Saturday, May 16 (30 minute time slots)

Older drivers often get a bad rap for being a menace on the road, but data about their safe driving practices reveals quite the contrary. In fact, older drivers are involved in fewer fatal collisions per capita than in the past. Studies also show that many older drivers self-limit their driving by driving fewer miles, or avoiding driving at night or in other challenging situations. Seniors, come to 125 LIVE to participate in a unique safety program called *CarFit*. *CarFit*, developed in 2005, runs drivers through a 12-point checklist to assess their fit in their vehicle and educate them on how minor adjustments may increase their safety. *CarFit* helps promote conversations between older drivers and their families about driving safety and helps seniors improve their "fit" in their vehicles.

At the event, you'll be able to talk with older drivers and see first-hand how trained technicians help aging drivers with the comfort and safety settings in their car including:

- A clear line-of-sight over the steering wheel;
- Adequate space between the front air bag/steering wheel and the driver's breastbone; properly adjusted head restraints;
- Proper positioning on gas and brake pedals;
- Proper seat belt use and fit, and safe positioning of mirrors to minimize blind spots.

**Limited spots. Register early. You MUST register to participate.**

**Free and open to the public.**

**Register by May 9.**

### 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 / per session

**Register by May 15.**

### Med City Medicare Presents: Aging Into Medicare, What You Need to Know Before Turning 65

5:30-6:30pm, Monday, May 18

Turning 65 soon or planning ahead for Medicare?

Understanding how Medicare works can feel overwhelming with its many parts, plan options, and enrollment deadlines. This educational seminar will help you learn the basics so you can approach Medicare with confidence. Local Medicare advisor, Jill from Med City Medicare, will explain how Medicare works, the different parts of Medicare, and the coverage options available when you become eligible. You'll also learn when to enroll, common mistakes people make when first joining Medicare, and how to avoid potential late enrollment penalties. This class is for educational purposes only. No specific plan or carrier information will be discussed.

Presenter: Jill Fasbender

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

**Register by May 17**

# May Events 2026

## ART & POTTERY CLASSES

### Intro to Wheel I

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

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

**Register by April 27.**

### Asian Brush Painting and Continuing: Orchids

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.

\$46 social member | \$68 fitness and nonmember

**Register by May 1.**

### Pottery Social - Demos

6-7pm, Tuesday, May 5

Join us for a fun and fast-paced Pottery Social featuring a series of short, 10-minute demos designed to spark creativity and build skills. Throughout the session, members will get quick introductions to using underglaze transfers for surface design, working with GR Forms for consistent shapes, and how to reclaim clay for reuse. It's a great opportunity to pick up new tips, try something different, and connect with fellow members in a relaxed, supportive environment.

**Free for social members.**

**Register by May 4.**

### 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 | \$57 fitness & nonmember

**Register by May 5.**

### A Muddy Date Night

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 May 14.**

# May Events 2026

## TECHNOLOGY CLASSES

### Senior Planet-Finding Information Online

11am-12:30pm, Thursday, May 21

Take advantage of the power of the internet to find information, search topics, and more! The internet is an incredible resource, but finding what you're looking for can sometimes be daunting or time-consuming. That's why finding what you're looking for online is such an important skill. This hands-on workshop will cover helpful tips for using effective search terms, evaluating search results, and searching reliable sites for accurate information. *You can use one of the 125 LIVE Google Chromebooks to explore the power of the internet.*

Trainer: Fred Ziecina

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

**Register by May 20.**

### Intro to Selling Online

11am-12pm, Friday, May 22

Want to make some extra money? Online marketplaces make it easy to sell almost anything- from your vintage collectibles to handmade crafts! We will introduce you to different online platforms for selling all kinds of items, including furniture, clothing, household items, and more! We'll also cover tips and best practices for using these platforms safely so you can avoid scams and sell confidently!

Instructor: Chelsie Gaspar

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

**Register by May 20.**

### Tech Talk with T-Mobile

11am-1pm, Thursday, May 28

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 May 27**

### Senior Planet: Using the Contacts App on an iPhone

11am-12:30pm, Friday, May 29

In this hands-on workshop, you'll learn how to make the most of the Contacts app on your iPhone. You'll never lose a phone number, address, or email again, even if you get a new phone! You'll learn to add, edit, and merge contacts. We'll also go over some helpful tips for managing your contacts and keeping them organized.

**Pre-requisites:** *You should be comfortable using your phone's touchscreen and opening apps. Please bring your iPhone fully charged to this workshop.*

Instructor: Chelsie Gaspar

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

**Register by May 27.**

### 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. You can bring your own laptop or you can use one of 125 Live Google Chromebooks.*

Trainer: Fred Ziecina

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

**Register by June 8**

# May Events 2026

## SOCIAL CLASSES

### Maxon Family Cremation and Life Celebrations

10-11am, Tuesday, May 19

Explore one of the newest end-of-life options now available in Minnesota. This informative class introduces cremation, an innovative and environmentally conscious alternative to traditional burial and cremation. Participants will learn how the process works, its benefits, and what to consider when making final disposition decisions. Join us for an open and thoughtful discussion about this emerging choice and how it may fit into personal or family planning.

**Member Benefit:** 125 LIVE members receive a 10% discount on basic service costs at the funeral home.

Presenter: Colin Maxon

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

**Register by May 18.**

### 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 member | \$5 fitness member | \$10 nonmember

**Register by May 18.**

### Understanding Home Care Coverage

12-1pm, Wednesday, May 20

Join Karen Hanson from Home Instead and Kavin 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 Kavin Benziger, Aveanna

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

**Register by May 18.**

### Caring Transitions Presents: The Art of Downsizing

2-3pm, Wednesday, May 20

A practical, step-by-step approach to simplifying your home without feeling overwhelmed. Learn how to make confident decisions, reduce clutter, and transition into a more manageable space while keeping what truly matters.

Instructor: Caring Transitions

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

**Register by May 19.**

### Continuum Financial Presents: Knowledge is Power – Financial Strategies for Women

10-11am, Thursday, May 21

Jodi L. Hruska, MBA, CFP®, BFA™, CDFP®, APMA™, will present this seminar is intended for female audiences. We'll discuss four areas that can impact women's financial lives and offer some strategies to help. We'll discuss the income gap women often face and how to plan for a longer lifespan, manage multiple roles and responsibilities at home, work and in the community, and finally how to approach life changes and unexpected events.

Instructor: Jodi L Hruska

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

**Register by May 20.**

### 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.**

# May-June Events 2026

## SOCIAL CLASSES

### Olmsted Medical Center Presents: Weight Training for the Aging Adult

**12-1pm, Tuesday, May 26**

Join Alex and Jake from Olmsted Medical Center to share information about weight training as an aging adult. They will be discussing the following:

- Physiological benefits of weight training in adult populations
- Review the evidence of common exercise prescription in the geriatric community
- Examine the proper dosing of exercise, including weekly guidelines for minimum activity
- Identify 3 ways to stay motivated with weight training

Presenter: Alex Nagel, DPT and Jake Davis, PT, DPT both of Olmsted Medical Center

Free social member | \$5 fitness member | \$10 nonmember  
**Register by May 25.**

### Introduction to Medicare with Prime Time Health Advisors

**1-2pm, Thursday, May 28**

Do you have questions about Medicare? Whether you are already on Medicare and just looking for a refresher, or if Medicare will be new, this is the place to be. By attending, you will learn: the parts of Medicare and how they work, different types of plans, deadlines and enrollment periods, and how to avoid penalties.

Presenter: Prime Time Health Advisors

Free 125 LIVE members. Registration requested.

**Register by May 27.**

### The Music and History of Male Singers/Songwriters

**1-3pm, Thursday, May 28**

Join Paul as he uses a presentation with photos and music to tell the stories of four well-known male singer/songwriters from the 1970s. The class will cover the music of Jim Croce, Harry Chapin, Gordon Lightfoot, and John Denver.

Presenter: Paul Koeller, Member

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

**Register by May 27.**

### 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.**

### Castle Quilters Sale

**9-11am, Monday, June 8**

Come in and check out items the quilters have for sale. They make great gifts for holidays, friends, family or even yourself.

**Free and open to the public.**

### 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 Strong Legs, Sharp Mind: 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 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 June 7.**

## SOCIAL CLASSES

### Mayo Clinic Hospice: 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.**

### 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, Member

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

**Register by June 10.**

### Gold Leaf Insurance Presents: Medicare 101

**1-2pm, Saturday, June 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 2025 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 June 26.**

## TECHNOLOGY CLASSES

### Senior Planet: Exploring and Downloading Apps- iPhone

**11am-12:30pm, Tuesday, May 5**

There's an app for that! Come learn how to search for and download apps to your iPhone. During this hands-on workshop, you'll learn how to search for and download apps to your iPhone. We'll explore the Apple App Store and cover some helpful considerations for choosing apps. You'll also learn how to uninstall apps and how to adjust some important app settings. **Pre-requisites:** *Participants should bring their fully charged iPhone to class and be comfortable navigating their iPhone.* **Please note that this workshop focuses on downloading apps on your smartphone and will not cover every question related to your smartphone.**

Trainer: Mary Haugen

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

**Register by May 4.**

### Senior Planet: Exploring and Downloading Apps- Android Phone

**11am- 12:30pm, Thursday, May 7**

There's an app for that! Come learn how to search for and download apps to your Android phone. During this hands-on workshop, you'll learn how to search for and download apps to your Android phone. We'll explore the Google Play Store and cover some helpful considerations for choosing apps. You'll also learn how to uninstall apps and how to adjust some important app settings. **Pre-requisites:** *Bring your fully charged Android smartphone to class and be comfortable navigating it.* **Please note that this workshop focuses on downloading apps on your smartphone and will not cover every question related to your smartphone.**

Trainer: Ken Zaiken

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

**Register by May 6.**

### Senior Planet: Introduction to Chatting with AI

**11am-12pm, Thursday, May 14**

Curious about using ChatGPT or Gemini but need help figuring out where to start? We'll explore tips for utilizing generative AI chat programs so you can make the most of them. You'll learn how to write questions or prompts that are specific and effective at getting helpful responses. We'll show you how this tech can help you with various tasks. Best practices for privacy and security will also be discussed.

Trainer: Vince Guerra

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

**Register by May 13.**