

CARDS AND GAMES

Billiards Room: Open during building hours

Bingo Tuesdays

11-11:45am, Tuesdays

Join us for a few bingo games every Tuesday in the Gathering Space. Beverage and a light snack are included.

Sponsor: Laurie Mangen-Keller Williams Premier Realty
Free social member | \$3 fitness & nonmember

Register by 10am the day of event.

The following are held in the Birch Room, unless otherwise noted:

Hand, Knee & Foot: Mondays, 12pm-3:30pm

Cribbage: Tuesdays, 9am-11am

American Mahjong: Tuesdays, 12pm-3pm

Pinochle: Tuesdays, 1pm-3pm (Douglas Fir Space)

Mexican Train: Tuesdays, 3pm-5pm (Douglas Fir Space)

Mexican Train: Wednesdays, 12pm-3pm

Cribbage: Wednesdays, 1pm-3pm (Douglas Fir Space)

Hand, Knee & Foot: Thursdays, 12pm-4 pm (Douglas Fir Space)

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

Rummikub: Fridays, 9am-11am

Mexican Train: Fridays, 1pm-3pm (Douglas Fir Space)

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

Bridge: Sundays, 1pm-4pm

INFORMATIONAL ACTIVITIES

Social members are free. Nonsocial members may purchase a \$10 day pass at membership services. Registration is not required.

One Hour One Topic

10-11am Mondays in the TLC

July 6: Open discussion

July 13: What is Community Acupuncture? Join Jalal Soleimani, doctor of acupuncture and licensed acupuncturist, as he shares more about his partnership with 125 LIVE to bring affordable acupuncture to the facility.

July 20: Mom's Meals® are nutrition solutions designed to bring comfort and inspire confidence in people seeking to live healthier, manage chronic conditions, recover from illness, and continue to live independently. Join this discussion with Cheryl Thode to learn how you can access delicious, nutritious food, education, and caring support.

July 27: Ask a Rehad Chiropractor your health and fitness-related questions with Josh Wald-Kerr, DC, NASM-CPT.

Tech Sharing Discussion Group

11:30am-12:30pm, Mondays in the TLC

Join our weekly discussion group about all things digital.

July 6: You know you're an engineer if...comedy show-
Faith Sell

July 13: Storage for renewable energy- Fred Ziecina

July 20: AARP Fraud Watch Network- Faith Sell

July 27: VPN Virtual Private Network- Dan Nelson

Drop-In Tech Help

12:30-1:00pm, Mondays in the TLC

Have questions about your smartphone, email, navigating websites, or staying safe online? Meet with our technology volunteers for support and answers. Ask your questions.

Senior Planet from AARP

Helps people age 60+ learn about technology to reach their goals, find community and thrive in the digital world. Learn more at <https://seniorplanet/org/> For a list of 125 LIVE technology classes, see the 125 LIVE monthly Program Guide.

MUSIC

Friday Concerts

10:30-11:30am, Fridays

July 3: Tom Burson

July 10: Jane Foote

July 17: Rcss

July 24: Patience and Fortitude

July 31: Gus Braga & Friends

Music Jam Session

1-3pm, Wednesdays

Young at Heart Choir

10-11am, Wednesdays - ON HOLD UNTIL SEPTEMBER



SOCIAL ACTIVITIES/EXTRAS AT 125 LIVE

INTEREST GROUPS

Castle Quilters
8-12pm, Mondays
8-11:15am, Fridays

Creative Corner
1-3pm, 1st and 3rd Monday, July 6 and 20
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.

Exploring Photography
2-4pm, 2nd and 4th Thursday, July 9 and 23

Family History Club
2-4pm, 2nd Monday, July 13

125 LIVE Electronics Communications Group
2-3pm, 3rd Tuesday, July 21

Knit and Crochet
12:30-2:30pm, Mondays
12:30-2:30pm, Tuesdays
11:30am-1:30pm, Fridays

Photographic Post Processing & Editing
2-4pm, 1st and 3rd Thursday, July 2 and 16

Pottery Studio
Open during building hours unless the studio is closed for cleaning or a class is in session. Please check the calendar in the pottery studio.

The "Original" Book Club
10-11:30am, 2nd Thursday, July 9
Book discussion: The Frozen River by Ariel Lawhon

Woodcarving
9-11:30am, Tuesdays

RECREATIONAL WELLNESS

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

Pickleball
Offered daily in Studio 1, Willow Room, and Outdoor Courts. Please see the Pickleball schedule for details.

Ping Pong
12-1:45pm, Tuesdays & Thursdays
10:30am-12pm, Saturdays

Square Dance
12-3pm, 1st and 3rd Tuesday, July 7 and 21
12-1pm: Learn the steps to square dancing
1-3pm: Square dance calling

Walking Club
11am-12pm, Tuesdays and Thursdays

COMMUNITY OUTREACH

125 LIVE provides our facility to several support groups within our community. These support groups are free for our members and the public.

Alzheimer's Caregiver Support Group
1:30-3pm, 1st Thursday, July 2
5-6:30pm, 3rd Thursday, July 16
Free and open to the public.

Early Stage Support Group for Those Living with MCI/Early stages of Dementia
10-11am, 1st Monday, July 6
12-1pm, 1st Friday, July 3
Early stage support group for those living with MCI/Early stages of dementia. Pre-screening is required to join this group. Please call the Alzheimer's Association at 1.800.272.3900 to complete it.
Free and open to the public | No Registration Required

Best Buddies Club
3:30-4:30pm, Thursdays
Free and open to the public | No registration required

Elder Network
9:30-11am, 3rd Tuesday, July 21
Senior Advocate Kate Jirik provides information and assistance to those 55 and older and their family caregivers. Get help with community resources such as housing, home care, and transportation, or solving a problem like how to apply for assistance or finding a support group. You can also schedule an appointment with her Monday through Friday at The Elder Network Office. Call 507-285-5272, Ext #6 for an appointment.

Cancer Support Group
10-11am, 2nd Wednesday, July 8
5:15-6:15pm, 3rd Monday, July 20
Free and open to the public.

Grief Support Group
2:30-4pm, 1st and 3rd Thursday, July 2 and 16
Free and open to the public.

Parkinson's Support Group
1:30-3:30pm, 3rd Thursday, July 16
Free and open to the public.