



SOCIAL ACTIVITIES

These activities are FREE for social members

WE WILL BE CLOSED SEPTEMBER 7
REOPEN SEPTEMBER 8- 5:30AM

125LIVEMN.ORG | 507-287-1404
UPDATED 8/28/26

CARDS AND GAMES

Billiards Room: Open during building hours

Bingo:

11-11:45am, Tuesdays - ROOM CHANGE

Join us for a few bingo games every Tuesday in the **River Room**. 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. Non-social members may purchase a \$10 day pass at membership services. Registration is not required.

Cops and Coffee

11am-12pm, 3rd Thursday, September 17

Join officers from our community while you enjoy coffee and discussion with members of the Rochester Police Department. Registration is not required.

One Hour One Topic

10-11am Mondays in the TLC

September 7: CLOSED

September 14: Open Discussion OR Rochester Clinic Healing Steps to Wellness in the River Room (register before the class at Membership Services)

September 21: Social Security: We Earned It! with George Romano from AARP. Social Security has been a stable and popular program since its inception. But the program faces a long-term financial shortfall. If Congress doesn't act to protect Social Security in the next 10 years, payments could be cut. In this presentation, we'll review the most common proposals to ensure that Social Security can pay the full payments Americans have earned.

September 28 Next Column----->

INFORMATIONAL ACTIVITIES

CONTINUED One Hour One Topic.....

September 28: A Big Year for Aging in Minnesota with Dave Beal, Age-Friendly Olmsted County - A lot is happening in Minnesota that could shape how well we live as we grow older. New state plans are being developed, elections are approaching, and important decisions are ahead about housing, health care, transportation, caregiving, and community support. We will look at what is happening, why it matters here in Rochester and Olmsted County, and how you can help shape what comes next.

Tech Sharing Discussion Group

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

Join our weekly discussion group about all things digital.

September 7: CLOSED

September 14: U.S. Power Grid: Fred Ziecina
A look at the U.S. electrical power grid.

September 21: Mayo Medical Records: Faith Sell
History of medical records at Mayo - paper, pneumatic tube system, Epic.

September 28: 50 Inventions: Fred Ziecina
50 Inventions you've probably never heard about from other countries.

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

September 4: Tom Muschler

September 11: Jane Foote

September 18: Roch BottoMN

September 25: Tom Burson

Music Jam Session

1-3pm, Wednesdays

Young at Heart Choir

10-11am, Wednesdays



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, **CLOSED** September 7
September 21

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, September 10 and 24

Family History Club

2-4pm, 2nd Monday, September 14

125 LIVE Electronics Communications Group

2-3pm, 3rd Tuesday, September 15

We will be demonstrating two ways the 125 LIVE amateur radio station can be used to talk to other ham radio operators locally and around the world. This radio station is available to all licensed amateur radio operators that are 125 LIVE social members.

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, September 3 and 17

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, September 10

Book discussion: *The Summons* by John Grisham

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

10:45am-12pm, Saturdays

Square Dance

12-3pm, 1st and 3rd Tuesday, September 1 and 15

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, September 3

5-6:30pm, 3rd Thursday, September 17

Free and open to the public.

Early Stage Support Group for Those Living with MCI/Early stages of Dementia

10-11am, 1st Monday, **CLOSED** September 7

12-1pm, 1st Thursday, September 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, September 15

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, September 9

5:15-6:15pm, 3rd Monday, September 21

Free and open to the public.

Grief Support Group

2:30-4pm, 1st and 3rd Thursday, September 3 and 17

Free and open to the public.

Parkinson's Support Group

1:30-3:30pm, 3rd Thursday, September 17

Free and open to the public.