NOVEMBER-DECEMBER 2026 EVENTS

125LIVEMN.ORG
507-287-1404
UPDATED 10/29/26

CLOSED THURSDAY, NOVEMBER 26 - OPEN FRIDAY, NOVEMBER 27 8AM-3PM

SOCIAL CLASSES

Veterans Day Celebration
Friday, November 6
10–10:30am Program
10:30–11:30am Friday Concert with The Dreamers
Please join 125 LIVE as we honor our veterans for their service to our country. The event will begin at 10am with the National Anthem, followed by the Pledge of Allegiance. We will then present two handmade quilts from the 125 LIVE Quilters to a 125 LIVE veteran and a Rochester community veteran. At 10:30am, stay and enjoy a performance by The Dreamers. Coffee and light refreshments will be provided as we come together to thank our veterans for their service. No registration required.
Free for 125 LIVE Members.

Member Happy Hour and New Member Welcome
4:30-6pm, Friday, November 20
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 September
Free social member | $10 fitness member | $15 nonmember
Register by November 17.

125 LIVE Holiday Gift Fair
9am-2pm, Thursday, December 10
Join us for our annual Holiday Gift Fair. We will have over 40 vendors, live holiday music, Santa and Mrs. Claus, food to purchase from Novios Cafe, and popcorn and coffee to purchase. Enjoy your day doing some shopping, visiting with friends, and getting into the Holiday Spirit.

Holiday Lunch and Live Music Celebration
11am-1pm, Friday, December 18
11am: Music from Sister Luv **12pm:** Lunch and social time
Join us for a joyful holiday gathering filled with good music, great company, and delicious food. Enjoy live holiday music by Sister Luv, mingle with friends old and new, and indulge in a festive lunch followed by a sweet dessert. We look forward to celebrating the season together!
$5 social member | $10 fitness member | $20 nonmember
Register by December 14.

Meet Our Intern: Rehgan Krause- Minnesota State University, Mankato
10am-12pm, Thursdays
Stop by the marketing table to say hello, ask questions, and learn about important nutrition topics that support healthy aging and overall wellness.
November 5: Diabetes & Nutrition
Join Rehgan to learn how food choices affect blood sugar and discover practical nutrition tips to help manage diabetes and support overall health.

SOCIAL CLASSES

Meet Our Intern: Rehgan Krause continued...
November 10: Hydration
Why is hydration so important? Learn how to recognize signs of dehydration and discover simple ways to stay hydrated throughout the day.
November 12: Calcium + Vitamin D
Learn how calcium and vitamin D work together to support strong bones and explore everyday foods that can help you meet your nutritional needs.

WSU Hand Massage & Blood Pressure Checks
9-11am, Monday, November 9 and 16
Join us for a visit from the WSU team. Enjoy complimentary blood pressure checks and hand massages while chatting with students about various 5-minute educational topics. Explore health and wellness information to learn more about managing your blood pressure and overall health.
Free for 125 LIVE members. NO registration required.

Community Acupuncture @ 125 LIVE
10am-11am OR 11am-12pm, Wed, Nov. 4, 11, 18, & 25
1:30-2:30pm OR 2:30-3:30pm, Fri, Nov. 6, 13, & 20
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.
$40 social member | $52 fitness and nonmember
Register for each day and time separately. Register early as spots are limited. If space is available on the day of, you may register at the membership services desk.

Introduction to Medicare with Prime Time Health Advisors
6-7pm, Wednesday, November 4 OR
12-1pm, Tuesday, December 1
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 November 3 or November 30.

NOVEMBER-DECEMBER 2026 EVENTS

SOCIAL CLASSES

Active Living Active Life Expo
9am-11:30am, Thursday, November 5
Join Rochester Magazine and Post Bulletin for a fun morning while visiting with local businesses on how to live your best life. Also, enjoy Bunnies Coconut Cake and a coffee bar. **Free and open to the public.**

Ask an UMN OT
9am-12pm, Thursday, November 5: Posture
Stop by the lower level table to chat with a University of Minnesota-Rochester Occupational Therapy student. Today's tocpic: everyday posture. **Free for 125 LIVE members. No registration required.**

Handwashing Hygiene: Are Your Hands Really Clean?
10-11am, Monday, November 9
Older adults are more likely than younger people to become seriously ill from respiratory infections, and hand washing is one of the simplest, lowest-cost ways to lower that risk. Many adults have not had hands-on hand washing instruction in years, and research shows that knowing the steps does not always mean hands are actually clean. This class gives members a practical way to check and improve their technique. Yusra will discuss the 5 key times to wash your hands, and the correct steps to handwashing. She will then use a black light to show areas people usually miss.
Instructor: Yusra Omer, Arizona State University Nursing Student
Free social member | $5 fitness member | $10 nonmember
Register by November 8.

Mayo Clinic Hospice: Veteran Care Towards End of Life
1-2pm, Monday, November 9
Join us for this class to better understand military culture and the unique needs of veteran populations. We'll explore how to recognize and address veterans' care needs and provide an overview of VA benefits and resources relevant to veterans and hospice patients.
Presenter: Mayo Clinic Hospice
Free social member | $5 fitness member | $10 nonmember
Register by November 6.

Catered Dinner with Minnesota Land of Neighbors Listening Session
5-7pm, Monday, Monday, November 9
Join us for a catered dinner and a meaningful conversation about what it means to be a good neighbor.
With a facilitator's guidance, we'll explore: What does neighboring look like at its very best? Together, we'll consider what strong, connected communities can look like at the city, local, and state levels. This is an opportunity to share ideas, listen to different perspectives, and learn from one another in a welcoming environment. There are no right or wrong answers—just a willingness to participate in an open and respectful conversation.
Come ready to share, listen, communicate, and imagine what it looks like when we are all good neighbors.
Free with registration. **Register by November 5.**

SOCIAL CLASSES

Introduction to Chip Carving
9am-12pm, Tuesday, November 10
If you are interested in learning to carve wood, this class is for you. Chip carving is the art of decorating wood with geometric and other interesting patterns. It is one of the easiest types of wood carving to learn and can be done with minimal tools. Sign up for this class and learn the basic steps to chip carving. No experience needed. Loaner tools are available for use during class. You will learn the basics and be given a practice board to carve during class. You will also have the opportunity to see other carving styles demonstrated by members of the Rochester Woodcarvers Club.
Instructor: Andre Lapeyre
$20 social member | $31 fitness & nonmember
Register by November 6.

The Ins and Outs of Homeowners Associations
10-11am, Tuesday, November 10
Homeowners Associations are part of buying a townhouse, condo, or cooperative. Learn how homeowner associations work and what to consider when deciding to move.
Instructor: Jim Miner
Free social member | $5 fitness member | $10 nonmember
Register by November 9.

Forté Open House
11am-1pm, Tuesday, November 10 *OR*
11am-1pm, Tuesday, December 8
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, an open house, and a light lunch. Meet at the 125 lobby. A shuttle service will be provided. Space is limited; you must register to reserve a shuttle seat. Free and open to the public.
Register by November 9 or December 7 respectively.

Let's Discuss Mobility with Dr. Curran: Why Your Joints Need Motion, Not Rest
10-11am, Wednesday, November 11
The right movement often improves joint stiffness and discomfort. Learn how safe, consistent movement nourishes joints, reduces stiffness, and supports long-term joint health.
Presenter: Dr. Levi Curran
Free social member | $5 fitness member | $10 nonmember
Register by November 10.

NOVEMBER-DECEMBER 2026 EVENTS

SOCIAL CLASSES

Beginner Mah Jongg Bootcamp
10am-12pm, Saturday, November 7 *OR*
3-5pm, Monday, December 7 *OR*
10am-12pm, Saturday, December 12 *OR*
6-8pm, Wednesday, December 16
Beginner Mahjong Bootcamp is for anyone who has never touched a tile, or who has played a few times and never quite understood what was happening. In the first hour, we go through the National Mah Jong League card together — what the colors mean, how a line is read, how a hand is built. The second hour is entirely hands-on. You sit at a table with tiles in front of you and play while Karen moves between tables, helping everyone. We answer questions as they come up, which is the easiest time to do so. What we cover:
• Reading the NMJL card: sections, colors, and what each line is actually asking for
• The tiles themselves — suits, honors, flowers, and jokers
• Choosing a hand from the rack you were dealt
• The Charleston, run start to finish, with the reasoning said out loud
• Calling a discard, exposing a set, and using jokers correctly
• Declaring mahjong, and how the hand is verified
• Table etiquette, scoring basics, and what to ask before you sit down at an unfamiliar table
What you take home:
Included in the course fee, every student leaves with the official NMJL card for the 2026 season, valid through April 2027, and a Dottie's Mahj Beginner Playbook. The Playbook is written in the same order the class is taught. If you don't own a set of tiles and want to practice between games, the instructor offers a cut-apart practice tile set for $14. It is not required for the course—there are tiles at every table—but it lets you practice at your own kitchen table.
Instructor: Karen Weathersbee
$60 social member | $73 fitness & nonmember
Register by November 4, December 4, 10 or 14 respectively.

America Mah Jongg- An Afternoon of Guided Play
1-3pm, Sunday, November 8, 15, & 22
Looking to improve your game and get in some extra practice? Join us for a guided play session to sharpen your skills and get helpful tips and pointers from Karen!
Instructor: Karen Weathersbee
Free social member | $5 fitness member | $10 nonmember
Register by November 7, 14, or 21 respectively.

American Mah Jongg- Choosing A Hand
6-7pm, Wednesday, November 11 OR
3-4pm, Monday, November 16
In this hour, we will discuss how to choose a section or two on the National Mah Jongg League 2026 Card. We will also briefly discuss arranging your tiles in order to keep a game flowing and keep you on track to win.
Instructor: Karen Weathersbee
$20 social member | $31 fitness & nonmember
Register by November 9 or November 14 respectively.

SOCIAL CLASSES

American Mah Jongg- Charleston Decision You Can Defend
10-11am, Saturday, November 21 *OR*
6-7pm, Monday, November 23
This one hour session focuses on choosing tiles to pass that are not helping your chosen hands, when to stop the Charleston, a brief discussion of blind passes, and techniques for successful courtesy passes.
Instructor: Karen Weathersbee
$20 social member | $31 fitness & nonmember
Register by November 19 or November 20.

American Mah Jongg- Keeping Up with Faster Players
10-11am, Saturday, November 28
We will discuss tips and tricks to keep the game moving and suggest practice drills that you can do alone or with friends.
Instructor: Karen Weathersbee
$20 social member | $31 fitness & nonmember
Register by November 25.

Shockwave Therapy Demonstration with Dr. Skare
4-6pm, Wednesday, November 11
Curious about shockwave therapy? Stop by the **marketing table** to meet Dr. Skare and learn about this non-invasive, drug-free option for stubborn aches and injuries that haven't fully resolved — like plantar fasciitis, tennis and golfer's elbow, Achilles and other tendon pain, and lingering shoulder or knee issues. Using targeted sound-wave energy, it stimulates your body's own healing response to reduce pain and get you back to what you love. Catch a quick demo and ask Dr. Skare whether it's a fit for you. **No registration required.**

Dr. Josh Wald Kerr Presents: Move More, Hurt Less: A Guide to Staying Active
11am-12pm, Thursday, November 12
If you've ever had to stop an activity you love because of pain, this class is for you! Dr. Josh Wald-Kerr will share how to tell if pain means "damage" or not, as well as how to navigate pain flares and get back to doing activities you love with confidence.
Instructor: Dr. Josh Wald-Kerr
Free social member | $5 fitness member | $10 nonmember
Register by November 11.

Caring Transitions Presents: The Real Value of Closet Space
10-11am, Thursday, November 12
Closets often hold more than clothing; they hold years of accumulated items. This class focuses on reclaiming and optimizing your space, reducing excess, and creating a system that works for your lifestyle.
Instructor: Caring Transitions
Free social member | $5 fitness member | $10 nonmember
Register by November 11.

SOCIAL CLASSES

Part 1: Art of Orthotics Presents: Scientific Shoe Fit
10-11am, Friday, November 13
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 ankles with extensive training in footwear and shoes. Pedorthists are the shoe fitting experts of 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 November 12.
For those interested in signing up for both classes, Please use this registration for the discount to attend part 1 and part 2.

Part 2: Art of Orthotics Presents: Diabetic Foot Clinic
11am-12:30pm, Friday, November 13
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 November 12.

Gold Leaf Insurance Presents: Medica Insurance Plan Options
1-2pm, Saturday, November 14
If you are on Medicare, your insurance plan will most likely end at the end of the year. You will need to sign up for a new plan. In this area, Medica is the insurance plan that will be available. Sign up for this class to learn what each Medica plan covers. If you would like to sign up for one of the Medica plans, you can do so at the end of the class. Please bring your Medicare card, current prescriptions, and doctor's list to the class. If you are on a Mayo Clinic or IBM employer insurance plan, reach out to them. Lee can not help you with those plans.
Presenter: Lee Ziesmer, Gold Leaf Insurance Agency
Free 125 LIVE members. Registration requested.
Register by November 12.

Kings and Queens Social with USA Dance
7-10:30pm, Saturday, November 14
Dance and lesson will be held in the River Room of 125 LIVE! Enter building through main doors and follow signs for USA Dance. The River Room will be on the right side. 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! 7PM – Doors Open | 7:30 Dance Lesson 8:30 – 9:30 Social Dance | 9:30 Group Dances & Social Dance
Presenter: USA Dance
General Admission: $10 per person | USA Dance Members and 125 LIVE members $8 per person | Students under age 25 (With ID) $5
NO REGISTRATION REQUIRED. Please arrive and pay at entrance of the event.

SOCIAL CLASSES

125 LIVE Castle Quilters Holiday Sale
8:30am-11:30am, Monday November 16
The holidays are right around the corner, and the Castle Quilters are holding their annual holiday sale. They will have available fat quarters, bits and pieces, Christmas fabric, micro bowls, fabric by the pound, tote bags, and quilts for you or to give as gifts! 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: Healthy Brain Living-Year 2: From Learning to Living!
10-11:30am, Monday, November 16
Join us for the next phase of the Minnesota Department of Health–funded Healthy Brain Community Grant Project, led by Rochester Clinic and Lotus Health Foundation! We'll celebrate Year 1 achievements and introduce Year 2's interactive workshops, focusing on lifestyle medicine, nutrition, and practical daily habits to support memory, cognitive function, and emotional well-being.
Presenter: Rochester Clinic/Lotus Health Foundation
Free with registration.
Register by November 15.

Chip Carving Class- Coasters
9am-12pm, Tuesday, November 17
Sign up for this class to work on carving beautiful and useful coasters with geometric chip-carved patterns. You will be given two coasters to carve with patterns applied so you can start carving right away. Join the class and get detailed instruction and assistance with carving. Loaner tools available for use during class. Prerequisite: Intro to Chip Carving class or prior chip carving experience with instructor approval
Instructor: Andre Lapeyre
$45 social member | $57 fitness & nonmember
Register by November 13.

The Power of Protein
1-2 pm, Tuesday, November 17
Protein plays an important role in maintaining muscle mass, supporting immunity, and promoting overall health as we age. Getting enough protein can help support daily activities, physical function, and independence throughout aging. Join Rehgan Krause to learn more about how protein needs change with age, how much protein older adults may need, and why spreading protein intake throughout the day can be beneficial. We'll explore a variety of protein-rich foods, enjoy protein-rich samples, and discuss practical ways to incorporate them into everyday meals and snacks. We'll also look at how protein works alongside physical activity to support muscle health, address common myths and misconceptions about protein, and share realistic strategies for meeting protein needs without making mealtime more complicated. Whether you're looking to maintain your strength, support an active lifestyle, or simply learn about nutrition as you age, this presentation will offer helpful information and practical takeaways to support healthy aging.
Free for 125 LIVE members. Register by November 16.

SOCIAL CLASSES

Healthy Aging for Your Brain and Body with Dr. Nate Skare
10-11am, Wednesday, November 18
Our lifespans are increasing, but our health spans are not. Join Dr. Nate Skare as he shares strategies for a healthier body and brain. We will explore key areas that can help keep you functioning and doing the things you love physically and mentally.
Presenter: Dr. Skare
Free social member | $5 fitness member | $10 nonmember
Register by November 16.

The Music and History of Jackson Browne
1-3pm, Wednesday, November 18
Join Paul as he uses a presentation with photos and music to tell the story of Jackson Browne. Jackson writes both deeply personal introspective and highly political songs about social issues. The class will cover his first solo album in 1972 through his most recent releases and touring.
Presenter: Paul Koeller, Member
Free social member | $5 fitness member | $10 nonmember
Register by November 17.

Puzzle Trade & Treats
1-2pm, Wednesday, November 18
Love puzzles? Join us for a fun afternoon of swapping and socializing! Bring 5–10 gently used puzzles in their original boxes (taped shut, no missing pieces, and no children's puzzles, please). Go home with new-to-you puzzles to enjoy this winter! We'll have treats and drinks to enjoy while you browse and mingle. Come for the puzzles, stay for the company!
Free social member | $5 fitness member | $10 nonmember
Register by November 17.

Advanced Financial Presents: Understanding Social Security and Medicare
6-7pm, Thursday, November 19
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 meant to be 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. Please join us for a workshop where we will educate you and answer questions regarding the following topics. An overview of 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: Advanced Financial Consultants
Free social Member | $5 Fitness |$10 nonmember
Register by November 18.

SOCIAL CLASSES

Emerald Financial Group-Thrivent Presents: Aging Loved Ones: How to Have the "Heart-to-Heart"
11:30am-12:30pm, Thursday, November 19
Aging and the need for additional caregiving can significantly affect personal finances and family relationships. This workshop reviews key considerations for planning for changes that arise as we age and offers tips for starting healthy conversations with family members that can lead to positive outcomes. This workshop covers the financial aspects of caregiving, emotional challenges, and resources that can help. This is a great fit for anyone, whether you have adult children or are one; it offers tips for everyone.
Instructor: Nate Larson
Free social member | $5 fitness member | $10 nonmember
Register by November 17.

New Rules in Real Estate
10-11am, Saturday, November 21
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, but 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 for all parties than ever. Attend this class before talking to a real estate agent.
Instructor: Jim Miner
Free social member | $5 fitness member | $10 nonmember
Register by November 20.

Exploring the Piedmont Region of Italy
3:30-5pm, Saturday, November 21
Discover why Barolo is the king of Northwestern Italian wines. Explore this renowned wine and other regional favorites while learning about the area's rich history and culture. Wine only served to those 21+ with valid ID.
Instructor: Autumn Gilliam
$35 social member | $47 fitness & nonmember
Register by November 17.

Harvest Bloom Arrangement
10:30am-12:00pm, Saturday, November 21
This Thanksgiving, let your creativity shine in our flower arranging class! You'll start with a unique compote of your choosing. It will be yours to fill with beautiful fall stems and unique pops of color. Think deep, rich tones paired with the freshness of eucalyptus and other lush foliage to bring movement and shape to your arrangement. Whether you're new to arranging or a seasoned pro, we'll provide all the guidance you need to make your creation stand out. Will you stick with a classic symmetrical design, or challenge yourself to create something unique and asymmetrical? The choice is yours—this is your chance to get out of your comfort zone and have fun with your flowers!
Host: Janelle Rosin, bloom grower at Buzzin' Blooms in NW Rochester
$65 social member | $78 fitness & nonmember
Register by November 18.

SOCIAL CLASSES

Rochester Clinic/Lotus Health Presents: Fat Pad Dystrophy- The Hidden Cause of Foot Pain

10-11:30am, Monday, November 23

Fat pad dystrophy can reduce the foot's natural cushioning and contribute to heel or forefoot pain. Dr. Jengyu Lai will explain common causes and a whole-person treatment approach focused on pain relief, biomechanics, regeneration, and long-term protection. 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 November 22.

AARP Driver Safety

9am-1pm, Tuesday, November 24

Take the AARP Smart DriverTM 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 November 23.

The Music and History of The Guess Who and Bachman Turner Overdrive

1-3pm, Thursday, November 24

Join Paul as he uses a presentation with photos and music to tell the story of two of Canada's most famous rock bands. This class about The Guess Who and Bachman Turner Overdrive will cover their origins in the 1960s and 1970s through their most recent touring.

Presenter: Paul Koeller, Member

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

Register by November 23.

Olmsted Medical Center Presents: New Interventions for Chronic Pain and Updates in Interventional Pain Management

12-1pm, Tuesday, November 24

According to the CDC (as of November 2024), 24.3% of U.S. adults experience chronic pain lasting three months or longer. Join us for an informative class exploring both established and emerging treatment options for chronic pain. Learn about innovative therapies such as the Intracept® procedure, the MILD® procedure, and peripheral nerve stimulation, while also reviewing proven, long-standing pain management approaches. The goal of pain management is to help patients gain a clearer understanding of their options to achieve effective pain relief and enhance their quality of life.

Presenter: Dr. Birkland or Dr. Rock, Olmsted Medical Center

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

Register by November 23.

SOCIAL CLASSES

Let's Discuss Mobility with Dr. Curran: Pain Is Information, Not Your Future

10-11am, Wednesday, December 2

Pain can be confusing and discouraging, but it doesn't have to define your future. Dr. Curran explains what pain really means, how to better understand it, and how movement and education can help you regain confidence in your body.

Presenter: Dr. Levi Curran

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

Register by December 1.

Part 1: Art of Orthotics Presents: Scientific Shoe Fit

1-2pm, Wednesday, December 2

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 ankles. With extensive training in footwear and shoes. Pedorthists are the shoe fitting experts of 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 December 1.

For those interested in signing up for both classes, Please use this registration for the discount to attend part 1 and part 2.

Part 2: Art of Orthotics Presents: Diabetic Foot Clinic

2-3:30pm, Wednesday, December 2

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

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

Register by December 1.

Keller Williams Presents: The Real-Life Home Selling Playbook

11am-12pm, Wednesday, December 2

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.

Presenter: Laurie Mangen

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

Register by December 1.

Caring Transitions Presents: Space Diet

2-3pm, Monday, December 7

Think of this as a structured plan to reduce what you own without stress. Learn how to systematically cut down on unnecessary items, avoid common downsizing mistakes, and create a lighter, more functional living environment.

Instructor: Caring Transitions

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

Register by December 6.

SOCIAL CLASSES

Selling Your Home in 2026
10-11am, Tuesday, December 8
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 our home.
Instructor: Jim Miner
Free social member | $5 fitness member | $10 nonmember
Register by December 7.

Christmas Songs- Name That Tune
1-3pm, Wednesday, December 9
Bring a team or form a team in class of one to four people and spend a fun two hours showing off your knowledge of Christmas Songs. The first section will be traditional songs by well-known traditional artists. The second section will be newer songs or traditional songs sung by famous rock, pop, and country artists. The third section will compare different versions of the same song and give you a chance to vote on your favorite version. Bring a pen to write your answers.
Presenter: Paul Koeller, Member
Free social member | $5 fitness member | $10 nonmember
Register by December 8.

Holiday Cocktail Appetizers with Wine Pairings
6-7:30pm, Friday, December 11
Join us for a cocktail party enjoying tasty holiday appetizers paired with complimentary wines. We will be tasting: Buckwheat Blinis and Smoked Salmon, Cocktail Shrimp with 3 Sauces, Persian Sausage Rolls, and Slice and Bake Crackers with Toppings. Wine only served to those 21+ with valid ID.
Instructor: Autumn Gilliam
$40 social member | $52 fitness & nonmember
Register by December 7.

Rochester Clinic/Lotus Health Presents: Keep Moving All Winter Long
10-11:30am, Monday, December 14
Cold weather and icy conditions often keep people indoors, leading to stiffness, weakness, and an increased risk of falls. In this presentation, Dr. Jengyu Lai from Rochester Clinic will share practical tips to stay active safely during the winter, including simple exercises, foot and ankle care, proper footwear, and lifestyle strategies to maintain strength, balance, circulation, and mobility throughout the season. 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 December 13.

SOCIAL CLASSES

Olmsted Medical Center Presents: Keeping Your Mind Sharp: Fun Ways to Support Brain Health
1-2pm, Wednesday, December 16
Please join Dr. Ponton and Delores to learn fun ways to support your brain health. By the end of the session, participants will be able to describe three ways that games can positively affect the aging brain, name two games that help improve cognitive function and reduce stress, recall three resources that can assist themselves or a loved one with brain health, and identify one activity that can help keep their mind sharp. Dr. Ponton typically sees patients in area nursing homes. She specializes in geriatrics, long term care, palliative care, memory care, dementia, preventative and therapeutic care. Delores Ulbricht, RN, supports Olmsted Medical Center's Active Aging Services by providing personalized, compassionate care that helps older adults stay healthy, independent, and engaged in their daily lives.
Presenter: Dr. Ponton and Delores Ulbright, RN, Olmsted Medical Center
Free social member | $5 fitness member | $10 nonmember
Register by December 15.

Sip and Sparkle: A Festive Wine Workshop
6-7:30pm, Friday, December 18
Learn which wines are perfect for entertaining a crowd, discover a fun wine and holiday song pairing, and explore the best wines to complement your holiday table.
Wine only served to those 21+ with valid ID.
Instructor: Autumn Gilliam
$25 social member | $36 fitness & nonmember
Register by December 14.

Buying A Home In 2026
10-11am, Saturday, December 19
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 December 19

Christmas Season Arrangement
10:30am-12pm, Saturday, December 19
Celebrate the magic of the season in our Christmas Flower Arranging class! You'll begin with a festive compote of your choosing—yours to take home and fill with the beauty of the holidays. Together, we'll design a stunning arrangement using winter evergreens, seasonal blooms, and eye-catching accents. Perfect for beginners and experienced arrangers alike, this class is your chance to get creative, try something new, and leave with a one-of-a-kind piece to brighten your home or holiday table.
Host: Janelle Rosin, bloom grower at Buzzin' Blooms in NW Rochester
$65 social member | $78 fitness & nonmember
Register by December 16.

TECHNOLOGY CLASSES

Senior Planet: Passwords App on your iPhone
11am-12:30pm, Thursday, November 5
Say goodbye to forgotten passwords and sticky-note reminders! In this hands-on workshop, you'll discover how your iPhone's built-in Passwords app can make signing in easier and more secure. Practice saving login information when you sign in or create a new account, then learn how to quickly access your favorite apps and online accounts—all right from your iPhone. Bring your fully charged iPhone to class and the passwords you would like to add to your phone.
Trainer: Chelsie Gaspar
Free social member | $5 fitness member | $10 nonmember
Register by November 4

Senior Planet: Digital Legacy at a Glance
12:15-1:30 pm, Tuesday, November 10
What happens to your digital accounts, photos, files, and other online content after you're gone? In this discussion, you'll learn what a digital legacy is, explore legacy-planning options offered by major technology companies, and find helpful settings and guidance on popular websites and apps. You'll also leave with practical tips for organizing and planning your digital legacy.
What to bring: A fully charged smartphone.
Trainer: Cheryl Thode
Free social member | $5 fitness member | $10 nonmember
Register by November 9.

Senior Planet- Holiday Greetings with Canva
11am-12:30pm, Thursday, November 12
Create a festive holiday greeting card, letter, or party invitation with Canva. In this hands-on workshop, you'll set up a free Canva account, learn the basics of this popular design platform, and explore holiday templates to inspire your creativity. When you finish your design, you can print it at home or order prints through Canva for an additional fee. Please review your registration receipt for details about what to bring to class. Information to include on the registration receipt: After you create your free Canva account, Canva will email you a confirmation code. Bring your smartphone to access the email and verify your account. Bring a laptop or tablet to use during the workshop; a phone screen is too small for comfortable designing. If needed, you may use a Google Chromebook from the technology center during class.
Trainer: Chelsie Gaspar
Free social member | $5 fitness member | $10 nonmember
Register by November 11.

TECHNOLOGY CLASSES

Understanding Fraud & Scams
12:30-1:30 pm, Wednesday, November 18
Are you scam savvy? Knowing how to spot a scam is an essential digital skill. Join this discussion to explore common scams, learn practical tips for avoiding them, and find out what to do if you've been scammed. We'll examine sample emails, text messages, and deepfakes to understand how AI is making scams more widespread and sophisticated. You'll also learn about helpful resources to stay informed about the latest scams.
Trainer: Vince Guerra
$5 social member | $10 fitness member |$20 nonmember
Register by November 17.

Senior Planet: Google Workspaces
Noon-1:30pm, Thursday, November 19
Learn about some of Google's most popular productivity tools. This discussion will introduce Docs, Sheets, Slides, Photos, and Drive. We have Google Chromebooks available to use during this class. You can log in to your Google Account during the workshop and explore practical and creative uses of Google's many free tools.
What to bring: Bring your Gmail username and password, and a fully charged smartphone to approve Google sign-in verification requests. We recommend bringing your own laptop or tablet; Google Chromebooks will be available. The class will use the browser versions of Google Workspace apps. The Google apps for Apple and Android tablets and phones look and work differently from the browser versions and, in many cases, have very limited functionality. Tablets and phones can be more difficult to use when following along.
Trainer: Fred Ziecina
$5 social member | $10 fitness member | $20 nonmember
Register by November 18.

ART AND POTTERY CLASSES

Fridge Worthy Creations
7-8pm, Wednesdays, November 4 & 11
In this fun two-part hand-building class, you'll create your very own custom clay magnets! During the first one-hour session, you'll shape, design, and add texture or details to your pieces. Then in the second one-hour class, you'll glaze your magnets using vibrant Stroke & Coat glazes to add bright color and personality. A quick, creative project that's perfect for all skill levels!
Artist: Anna Glenski-Kjose
$45 social member | $57 fitness & nonmember
Register by October 31.

Watercolor Pine Trees
10:30am-12pm, Saturday, November 7
In this introductory class, we will create 5 small works on paper (2.5 x 3.5 inch Art Trading Cards or ACEOs) depicting re-imagined landscapes featuring wintry Minnesota pine trees. The instructor will demonstrate and go over a few basic painting elements for using watercolor to paint expressive, gestural wintry scenes that are uniquely your own. This class is suitable for beginners, but non-beginners are welcome too!
Instructor: Mona
$25 social member | $36 fitness & nonmember
Register by November 4.

Gnomes
5:30-7:30pm, Monday & Thursday, November 9 & 12
Gnomes symbolize good luck and protection year-round. Your gnome can be created for any season. Create a gnome with your own personal flair. This class meets twice: session 1 = build, session 2 = paint. The second night, we'll paint your leather-hard greenware pieces. We'll fire your piece and have it ready for later pickup.
Artist: Carolyn Real
$85 social member | $99 fitness & nonmember
Register by November 5.

Mindful Art Club
6-8pm, Thursday, November 12 *OR*
6-8pm, Thursday, December 10
Mindful Art Club is a two-hour experience that combines creativity, intuition, and mindfulness through a variety of art exercises and activities designed to help you slow down, be present, and connect with yourself. Art intuition is the practice of using artistic mediums such as painting, drawing, or coloring in an expressive, playful, and non-judgmental way. Instead of a specific design you are invited to let your creativity guide you. Mindfulness is the practice of paying attention to your thoughts, feelings, and bodily sensations with curiosity, and acceptance. Together, mindfulness and intuitive art allows you to relax, explore, and enjoy the creative process without worrying about being an "artist." No artistic experience required.
Instructor: Evelyn Daood
$25 social member | $36 fitness & nonmember
Register by November 9 or December 7 respectively.

ART AND POTTERY CLASSES

Sip, Create & Take: Handmade Greeting Cards
6-8pm, Friday, November 13
Spend an evening sipping and creating beautiful handmade cards in this fun and relaxing make 'n take event! Choose six cards from a variety of seasonal and winter-inspired designs. All supplies will be pre-cut and ready for you to stamp, assemble, and personalize. No previous experience is necessary. The instructor will provide everything you need to complete your cards. Your friends and family will love receiving a handmade card from you this season! Please register early, as the instructor needs time to prepare supplies for each participant. This class is open to ages 18+. Wine will be served only to participants 21+ with a valid ID.
Instructor: Heidi Anderson-Isaacson
$30 social member | $41 fitness or nonmember
Register by November 6.

Wavy Trinket Tray
6:00-7:00pm, Tuesday, November 17
Participants will create a stylish and functional handmade dish with an organic, wavy rim design. This workshop is perfect for beginners and experienced artists that want to explore hand building techniques. Participants will learn a decoupaging technique for their finished pieces. Perfect for storing jewelry, keys, or small items. (All skill level)
Instructor: Janelle Forsthoffer
$33 social member | $45 fitness & nonmember
Register by November 12.

Watercolor Techniques
6-8pm, Wednesday, November 18 *OR*
6-8pm, Wednesday, December 16
This class is designed for students who want to learn watercolor techniques beyond the basic wash. I will provide each student with a drawing to paint, and together we will explore various fun methods of working with watercolor. My goal is to keep it as simple as possible. Paint, paper with a design, brushes, and water cups will be supplied.
Instructor: Barbara Schwenk
$25 social member l $36 fitness & nonmember
Register by November 13 or December 11 respectively.

Evergreen Trees and Hard Cider
7-8:30pm, Friday, November 20
The 125 LIVE studio is starting to hum with artists getting ready for the holidays. Come join in on the fun of making hand-built evergreen trees. Clay, tools, and firing are included. Your pieces will be glazed making them ready to light up the night. Drinks and snacks will be provided. Alcohol is only served to 21+ with an ID.
Artist: Anna Glenski-Kjose
$45 social member | $57 fitness & nonmember
Register by November 17.

ART & POTTERY CLASSES

Ladies Mud
4-5:30pm, Saturday, November 21
Grab your girlfriends and join us for a fun, hands-on Ladies Night at the wheel! In this pottery wheel throwing class, you'll learn the basics of centering, pulling walls, and shaping your very own clay creations. Whether you're brand new to the wheel or looking to refine your skills, this relaxed and supportive class is all about creativity, laughter, and getting a little muddy together. No experience needed — just bring your friends and be ready to spin! Alcohol is only served to those 21+ with ID.
Instructor: Anna Glenski-Kjose
$45 social member | $57 fitness & nonmember
Register by November 19.

Cozy Clay Mittens
6:00-7:00pm, Thursday, December 3
Get ready for a cozy clay project! In this class, you'll create a small mitten-shaped bowl perfect for holding keys, jewelry, or other little treasures. Using simple hand building techniques, you'll shape and decorate your mitten to make it uniquely yours. It's a fun and creative way to make a functional piece to brighten up your home.
Instructor: Anna Glenski-Kjose
$33 social member | $45 fitness & nonmember
Register by November 30.

Multi-Generational Pottery: Hot Cocoa & Ornaments
10-11:00am, Saturday, December 5
Join us for a cozy pottery class for all ages! You'll create handmade tree ornaments while warming up at our hot cocoa bar, where you can mix up just the right cup with all your favorite toppings. It's the perfect way to get into the holiday spirit and craft a special keepsake to take home!
Instructor: Anna Glenski-Kjose
$29 social member | $40 fitness & nonmember (PRICE PER PAIR)
Register by December 2.

Botanical Ornaments & Hot Cocoa
1-2:30pm, Saturday, December 5
Join us for a cozy afternoon of crafting unique Botanical Winter Ornaments. We'll provide a variety of fresh evergreens and botanical elements for you to stamp and roll into clay. Whether you want to make a set of rustic stars or modern minimalist discs, you'll have a collection of 4-6 beautiful ornaments ready to hang on your tree or tie onto a gift. No experience necessary—just bring your holiday spirit
Instructor: Anna Glenski-Kjose
$45 social member | $57 fitness & nonmember
Register by December 2.

ART & POTTERY CLASSES

Snowman Luminary
5:30-7:30pm, Monday, December 7
Light up your dark winter evenings with a snowman luminary. You will create and decorate your snowy friend all during the same class. It will be glazed and fired for later pick up.
Artist: Carolyn Real
$45 social member I $57 fitness & nonmember
Register by December 3.

A Muddy Date Night
4:30-6:00pm, Saturday, December 12
Indulge in a romantic evening of clay and creativity! Bring your partner for a memorable night of clay-filled fun and artistic expression. Our expert instructors will guide you through the pottery-making process, ensuring a fun and relaxed atmosphere throughout the evening. Unleash your creativity, bond with your loved one, and take home unique pottery pieces as a lasting memento of your muddy date night experience. Alcohol is only served to those 21+ with an ID. Price is per person.
Instructor: Anna Glenski-Kjose
$45 social member | $57 fitness & nonmember
Register by December 9.

Ceramic Flower Penguins
5:30-7:30pm, Thursday, January 7
In this fun creative class participants will sculpt an adorable penguin using hand-building techniques. You will learn how to shape clay into a small penguin figure that will also function as a miniature bud vase
Instructor: Janelle Forsthoffer
$45 social member | $57 fitness & nonmember
Register by January 4.

Pitcher Perfect
6:30-8:30pm, Tuesday, January 26 and February 9
In this two-part hand-building pottery class, you'll create your own functional and stylish water pitcher from clay. During the first session, you'll learn slab-building techniques to shape the body, form a spout, and attach a sturdy handle. In the second session, you'll return to glaze your piece, choosing colors and finishes to match your personal style. Perfect for all skill levels, this class combines creativity and craftsmanship to create a beautiful pitcher you'll love to use and display.
Instructor: Anna Glenski-Kjose
$85 social member | $99 fitness & nonmember
Registration by January 25.

PICKLEBALL CLASSES

Learn to Play Pickleball

1-3pm, Tuesday, November 17
1-3pm, Thursday, November 19
Join the pickleball craze and master the fundamentals of this exciting paddle sport. This 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: Gus Braga, 125 LIVE member
$25 125 LIVE member | $36 nonmember
Register by November 16 or 18 respectively.

TRAVEL OPPORTUNITIES

Travel Show with Collette Travel: Enchanting Christmas Markets, Tropical Costa Rica, Peru: Machu Picchu and Lake Titicaca, and Italian Vistas

1-2pm, Tuesday, February 23
With all the details taken care of, all you need to do is pack your bags! Collette tours are expertly planned & professionally guided. Transportation will be provided from 125 Live to and from Minneapolis airport. Join us for a free travel show highlighting these exciting group travel opportunities:
Free and open to the public.
Register by February 23.

Alaska by Land & Cruise (September 2027)

Travel dates: September 8-20, 2027
https://groups.gocollette.com/en-US/link/1428584
Register for early bird special by November 8, 2026.

Enchanting Christmas Markets of Germany, France and Switzerland

Travel Dates: Nov 30 – Dec 8, 2027
https://groups.gocollette.com/en-US/link/1468546
Registration deadline for $350 early bird special June, 7, 2027

Tropical Costa Rica

Travel Dates: February 7-15, 2028
https://groups.gocollette.com/en-US/link/1467216
HIGHLIGHTS… Monteverde Cloud Forest, Monteverde Hanging Bridges or Canopy Adventure, Farm Tour and Lunch, Coffee Plantation, Arenal Volcano, Cano Negro Refuge
Registration deadline for early bird special ($300 savings, August 7, 2028

Peru: Machu Picchu and Lake Titicaca

Travel Dates: May 10 – 19, 2028
https://groups.gocollette.com/en-US/link/1467215
HIGHLIGHTS… Pisac Market, Ollantaytambo Ruins, Pablo Seminario Ceramic Studio, Quechua Community Visit & Lunch, Machu Picchu, Koricancha Temple, Uros Floating Islands , Home-Hosted Lunch, Larco Museum
Registration deadline for early bird special, Oct 10, 2027

Italian Vistas

Travel Dates: March 20 – April 1, 2028
https://groups.gocollette.com/en-US/link/1467214
Registration deadline for early bird special, Sep 21, 2027

UPCOMING EVENTS

VETERANS DAY PROGRAM

10-11:30AM, FRIDAY, NOVEMBER 6

MEMBER HAPPY HOUR AND NEW MEMBER WELCOME

4:30-6PM, FRIDAY, NOVEMBER 20

125 LIVE HOLIDAY GIFT FAIR

9AM-2PM, THURSDAY, DECEMBER 10

HOLIDAY LUNCH AND LIVE MUSIC CELEBRATION

11AM-1PM, FRIDAY, DECEMBER 18

WATCH THE PROGRAM GUIDE FOR MORE INFORMATION