

These activities are FREE for social members

CARDS AND GAMES

Billiards Room: Open during building hours

Bingo:

11-11:45am, Tuesdays

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, October 15

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

October 5: Gift of Life Transplant House representative will lead an informative discussion about how they provide affordable lodging for transplant patients and their families minutes from Mayo Clinic.

October 12: Mayor Kim Norton- Mayor Norton will share information about her new three-month City for Health Initiative in partnership with HealMint to build healthier daily habits. Participants will wear a HealMint Smart Ring and use the AI-Powered HealMint Wellness app for personalized insights across sleep, heart rate, activity, recovery, and stress trends. Participants will connect with other community members through Mayor-led walks, group challenges, and community milestone celebrations. The goals are to build lasting healthy habits, improve overall wellness, and develop an active lifestyle while helping elevate Rochester's community wellness and

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INFORMATIONAL ACTIVITIES

CONTINUED Mayor Kim Norton...

shaping a scalable national blueprint for preventive care. For more information: Move with Mayor Norton | Rochester Community Wellness Challenge

October 19: Beth Kangas, Executive Director, Zumbro Valley Medical Society, will lead a discussion about homelessness in Rochester. Learn about The TABLE - The Team of Advisors Bringing Lived Experience.

October 26: Accessibility with UMN Level II students: Focus group discussion on accessibility features and issues as we age.

Tech Sharing Discussion Group

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

Join our weekly discussion group about all things digital.

October 5: Open Discussion - Future Topics, Recent Tech news

October 12: Scam Update, Faith Sell

October 19: Inventor: George Westinghouse, Fred Ziecina

October 26: Linux, Tosh

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.

Need Help with Your Apple Device?

12:30- 2:30 pm, Wednesdays and Fridays

Get friendly, one-on-one help from Wayne Harvey with your Apple Watch, iPhone, iPad, or MacBook. No appointment needed. Bring your fully charged Apple device and your questions. Check in at Membership Services for our meeting location.

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

October 2: Ron Spalter

October 9: Paul Kern

October 16: Patience and Fortitude

October 23: Roch BottoMN

October 30: Rcsc

Music Jam Session

1-3pm, Wednesdays

Young at Heart Choir

10-11am, Wednesdays



SOCIAL ACTIVITIES/EXTRAS AT 125 LIVE

INTEREST GROUPS

Castle Quilters

8-11:30am, Mondays
8-11:15am, Fridays

Creative Corner

1-3pm, 1st and 3rd Monday, October 5 and 19

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, October 8 and 22

Family History Club

2-4pm, 2nd Monday, October 12

125 LIVE Electronics Communications Group

2-3pm, 3rd Tuesday, October 20

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, October 1 and 15

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, October 8

Book discussion: *Demon Copperhead* by Barbara Kingsolver

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, October 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, October 1
5-6:30pm, 3rd Thursday, October 15
Free and open to the public.

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

10-11am, 1st Monday, October 5
12-1pm, 1st Thursday, October 1
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, October 20
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, October 14
5:15-6:15pm, 3rd Monday, October 19
Free and open to the public.

Grief Support Group

2:30-4pm, 1st and 3rd Thursday, October 1 and 15
Free and open to the public.

Parkinson's Support Group

1:30-3:30pm, 3rd Thursday, October 15
Free and open to the public.