

SOCIAL CLASSES

Member Brunch and New Member Welcome

11:30am-12:30pm, Saturday, October 17

 Brunch Served: 11:30 AM – 12:00 PM

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 September

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

Register by October 14.

Attention, Foodies!

Let's turn our Victoria's fundraiser into a 125 LIVE party!

On Sunday, October 18, Victoria's will donate 25% of food sales to 125 LIVE when you mention 125 LIVE with your order. Come enjoy a great meal with 125 LIVE staff, friends or family. No cooking. No dishes. Great company.

Great food. You can also do carryout!! 25% back to 125 LIVE. We call that a very successful Sunday! **Are you worried about parking downtown?** If you're coming from 125 LIVE, we suggest heading south on Broadway, turning right onto West Center Street, then turn right into the West Center Street Ramp, which reopened in August.

125 LIVE Turns 10- Anniversary Open House

11am-2pm, Wednesday, November 4 at The Castle

Let's celebrate and join us for a trip down memory lane. Come see the renovated Castle, history display, pictures, slide show, time capsule and enjoy light refreshments while visiting with members and staff. More details to come.

Community Acupuncture @ 125 LIVE

10am-11am OR 11am-12pm, Wednesdays, October 7, 14, 21 or 28

1:30-2:30pm OR 2:30-3:30pm, Fridays, October 9, 16, 23 or 30 **Not available October 2**

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.

SOCIAL CLASSES

WSU Hand Massage & Blood Pressure Checks

9-11am, Fridays, September 18 - October 23

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.**

Travel Show with Collette Travel: Alaska by Land and Cruise, Costa Rica, Machu Picchu

10-11am, Monday October 5

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. Stop in to pick up a trip flyer for more details or click the link. Free and open to the public.

Register by October 4.

Alaska by Land & Cruise

Travel dates: September 8-20, 2027

<https://groups.gocollette.com/en-US/link/1428584>

Register for early bird special by November 8, 2026.

Tropical Costa Rica

Travel Dates: February 7-15, 2028

<https://groups.gocollette.com/en-US/link/1467216>

Registration deadline for early bird special: August 7, 2027. HIGHLIGHTS... Monteverde Cloud Forest, Monteverde Hanging Bridges or Canopy Adventure, Farm Tour and Lunch, Coffee Plantation, Arenal Volcano, Cano Negro Refuge

\$300 discount if register before August 7, 2027

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

Gold Leaf Presents: Medicare 101

6-7pm, Monday, October 5

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 2027 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 October 5.

SOCIAL CLASSES**Let's Discuss Mobility with Dr. Curran: Why Your Joints Need Motion, Not Rest****10-11am, Wednesday, October 7**

Joint stiffness and discomfort often improve with the right movement. Learn how safe, consistent motion helps nourish joints, reduce stiffness, and support long-term joint health.

Presenter: Dr. Levi Curran

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

Register by October 6.**Intro to Forest Therapy****10-11am, Tuesday, October 6**

Forest therapy, also known as forest bathing or shinrin-yoku, is a guided mindfulness practice that helps you slow down, engage your senses, and connect with the natural world. This class will introduce you to forest therapy, its potential benefits, and the research behind the practice. You'll also receive resources for practicing on your own.

Presenter: Nicole Brudos Ferrara, Owner and Certified Guide, Damsely Forest Therapy

\$25 125 LIVE member | \$36 nonmember

Register by October 5.**Forest Therapy Experience- 60 Minutes****1-2pm, Wednesday, October 14**

During this 60 minute outdoor experience, a certified forest therapy guide will offer a series of gentle invitations to help you slow down, engage your senses, and notice the sights, sounds, smells, and textures around you. We will meet at the gazebo area just west of 125 LIVE. There is seating at the picnic tables. If the weather is unfavorable, we will move the class to 125 LIVE.

Presenter: Nicole Brudos Ferrara, Owner and Certified Guide, Damsely Forest Therapy

\$25 125 LIVE member | \$36 nonmember

Register by October 12.**Forest Therapy Experience- 90 Minutes****1-2:30pm, Wednesday, October 21**

During this 90 minute outdoor experience, a certified forest therapy guide will offer a series of gentle invitations to help you slow down, engage your senses, and notice the sights, sounds, smells, and textures around you. Tea and a light snack are included. This experience includes periods of slow walking and standing, with opportunities to pause, rest, and sit. We will meet at the gazebo area just west of 125 LIVE. If the weather is unfavorable, we will meet the following week, Wednesday, October 28.

Presenter: Nicole Brudos Ferrara, Owner and Certified Guide, Damsely Forest Therapy

\$35 125 LIVE member | \$47 nonmember

Register by October 19.**Spanish Tapas and Wine****6-7:30pm, Friday, October 9**

We will create 4 Spanish Tapas, go over the recipes, and pair them with wine. On the menu are: Tortilla Española, Empanadas, Salmorejo (A Thicker version of Gazpacho), Butternut Squash and Chorizo Skewers. Wine only served to those 21+ with valid ID. **CONTINUED next column-->**

SOCIAL CLASSES**CONTINUED Spanish Tapas and Wine**Instructor: Autumn Gilliam

\$35 social member | \$47 fitness & nonmember

Register by October 5.**Sip, Create & Take: Handmade Greeting Cards****6-8pm, Friday, October 9 OR****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 add your personal touch. 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 October 2 or November 6 respectively.**Tango Society Social with USA Dance****7-10:30pm, Saturday, October 10**

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 | **7:30pm-** Dance Lesson | **8:30-9:30pm-** Social Dance | **9:30pm-** 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.** Pay at entrance of the event.

Rochester Clinic/Lotus Health Presents: Steady on Your Feet: Preventing Falls Before They Happen**10-11:30am, Monday, October 12**

Falls are one of the leading causes of injury and loss of independence among older adults, but many are preventable. In this presentation, Dr. Jengyu Lai from Rochester Clinic will discuss the many factors that contribute to falls, including muscle weakness, balance problems, foot pain, neuropathy, vision changes, medications, and footwear. Participants will learn practical, whole-person strategies to improve strength, balance, confidence, and mobility to help 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 October 11.

SOCIAL CLASSES**Beginner Mahjong Bootcamp**3-5pm, Monday, October 12 OR6-8pm, Wednesday, October 21 OR10am-12pm, Friday, October 30 OR

10am-12pm, Saturday, November 7

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. Questions get answered as they come up, which is the easiest time to answer them.

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 makes practice possible at your own kitchen table.

*****Advanced classes will be coming in November.**

Instructor: Karen Weathersbee

\$60 social member | \$73 fitness & nonmember

Register by October 9, October 18, October 27 or November 4 respectively.

Yanowitz Law Firm Presents: Secure Your Legacy: A Will, Trust, and Probate Crash Course

10-11am, Tuesday, October 13

Don't leave your family's future to chance. Learn how to keep the government and the courts from deciding how your assets are distributed. Join our Will, Trust, and Probate class to gain the knowledge and confidence to protect your loved ones and build your legacy. All are welcome! \$100 off will or trust for 125 Live Members.

Presenter: Yanowitz Law Firm

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

Register by October 12.

SOCIAL CLASSES**Forté Open House**11am-1pm, Tuesday, October 13 OR

11am-1pm, Tuesday, November 10

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. Limited spots, must register to reserve a shuttle seat.

Free and open to the public.

Register by October 12 or November 9 respectively.

Where Do I Go Now? Housing Alternatives

10-11am, Tuesday, October 13

Join Jim to learn about the housing alternatives for seniors within our community. He will discuss condos, townhomes, cooperatives, independent living, assisted living, and more. Whether it is for you, an aging parent, family member or friend that can no longer stay in your home, attend Jim's class and learn about your options.

Presenter: Jim Miner

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

Register by October 12.

Ed-Ventures Tour Presents: Where Will the Road Take You?

10-11am, Tuesday, October 13

Curious about where your next adventure could take you? We will take you from World War II sites following the path of the Allies from London to Normandy and on to Paris, and then discover the cultures, traditions, and breathtaking landscapes of Slovakia. We will also explore Minnesota and the Great Lakes quilting journeys filled with fabric stores, beautiful scenery, and unique local experiences. Finally, we will travel to Springfield, Illinois, to explore the lives and legacies of two American presidents, Herbert Hoover and Abraham Lincoln, visiting the Hoover Presidential Library and Museum, Lincoln's home, Lincoln's Presidential Library and Museum, New Salem, Lincoln's Tomb, and more. Whether you have traveled with Ed-Ventures before, are considering your first trip we invite you to join us. You may just leave with a new destination on your travel wish list!

Presenter: Ed-Ventures

Free 125 LIVE member | \$10 nonmember

Register by October 12.

Shockwave Therapy Demonstration with Dr. Skare

10am-12pm, Tuesday, October 13 and

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.**

SOCIAL CLASSES**Old National Bank Presents: Budgeting Basics-Making Your Money Work for You****10-11am, Wednesday, October 14**

Join us for a practical discussion on budgeting and personal finance. We'll explore how to build a budget that fits your lifestyle, understand the difference between fixed and variable expenses, and learn strategies to reduce costs and spend more intentionally. Whether you're looking to improve your financial habits, save for future goals, or simply gain a better understanding of your finances, this session is designed to provide useful tips and real-world guidance. We'll also have time for questions and discuss a variety of banking and financial topics. No matter your level of financial knowledge, all are welcome to join the discussion.

Presenter: Old National Bank

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

Register by October 13.**How to Get Top Dollar For Your Home****12-1pm, Thursday, October 15**

In this class, Laurie will cover what buyers are looking for in their next home. What changes, updates and repairs to make within your budget. Also, what improvements will get you the best return on your investment.

Presenter: Laurie Mangen, Keller Williams

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

Register by October 14.**Introduction to Medicare with Prime Time Health Advisors****10-11am, Saturday, October 17**

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. 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 October 16.**Lunch & Minnesota Land of Neighbors Listening Session****10am-12pm, Saturday, October 17 OR****11am-1pm, Thursday, October 29**

Join us for a catered brunch 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 and local level, as well as at the state level. 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 join an open, respectful conversation.

Come ready to share, listen, communicate, and imagine what it looks like when we are all good neighbors.

Attendance is free; registration is required.

Register by October 13 or October 26 respectively.**SOCIAL CLASSES****Olmsted Medical Center: Living Well with Chronic Condition Workshop****10:30am-12pm, Tuesdays, October 20 - November 24**

Are you - or someone you care for - living with an ongoing (chronic) health condition that makes daily life harder or leaves you feeling pain, isolated, tired, depressed, or frustrated? If so, this FREE workshop is for you. This class is for adults with ongoing health conditions such as heart disease, arthritis, diabetes, asthma, migraines, or headaches, ringing in the ears, chronic pain, high blood pressure, depression or anxiety, or any other ongoing health concern. Learn strategies and share similar experiences. Topics are: 1. How to manage stress, isolation, fatigue, and frustration. 2. Pacing activities and rest. 3. Appropriate use of medication. 4. Setting goals and problem solving. 5. Improving communication with family and your health care team.

Presenter: Olmsted Medical Center

Free for 125 LIVE members.

Register by October 15.**Olmsted Medical Center Presents: Atrial Fibrillation and Flutter-Understanding Your Heart, Your Risks and Your Options****10-11am, Tuesday, October 20**

Join Dr. Wong for an informative and engaging class on atrial fibrillation (AFib) and atrial flutter. This session will help you understand what these common heart rhythm disorders are, how they develop, and how they differ from a normal heartbeat. Dr. Wong will also explain why AFib and atrial flutter can be serious, including their association with stroke, heart failure, and other potential complications. In addition, the class will provide an overview of current treatment options, including rate and rhythm control strategies, catheter ablation, blood-thinning medications, and alternative approaches for patients who may not be candidates for long-term blood thinners. Whether you have been diagnosed with AFib or are interested in learning more about heart health, this class offers valuable information to help you better understand your condition and treatment choices.

Refreshments will also be provided.

Presenter: Dr. Benjamin Wong, Olmsted Medical Center

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

Register by October 19.**Caring Transitions Presents: What its Worth****10-11am, Wednesday, October 21**

Not everything has the value we think it does, and some things are worth more than expected. This session breaks down how to determine the real market value of household items, antiques, and collectibles, and how to make informed decisions when selling or donating.

Instructor: Caring Transitions

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

Register by October 20.

SOCIAL CLASSES**Surviving Today's Digital World****1-2 pm, Thursday, October 22**

How do we function in an environment that is absolutely spinning out of control? Dr. Ed Creagan is Mayo Clinic's first board-certified medical oncologist in hospice and palliative medicine. In this engaging session, Dr. Creagan will share practical, evidence-based strategies for improving focus, productivity, and purpose in our digital world. He will discuss the value of starting each day with one quick win, building atomic habits that reduce distractions, and avoiding the "Odyssey Syndrome" that can pull us away from what matters most. Also how to protect time for deep work and maintain focus in an increasingly distracted world. This is a practical toolbox of ideas you can use to make a greater impact in your work, family, and community.

Presenter: Dr. Ed Creagan

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

Register by October 21.**Learn the Steps into Online Dating****11am-12pm, Thursday, October 22**

Ready to get back into the dating scene but not sure where to start? Join Debi for a practical, informative class on navigating online dating. Learn about dating site options, creating an effective profile, online safety, meeting someone for the first time, and what to expect along the way. Gain the confidence and tools you need to take the next step toward finding meaningful connections.

Presenter: Debi Neville, 125 LIVE member

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

Register by October 20.**Secure Your Legacy: A Will, Trust, and Probate Crash Course****6-7pm, Thursday, October 22**

Are you tired of leaving your family's future to chance? Keep the government and the courts from dictating how your assets are distributed. Take control of your legacy with our Will, Trust, and Probate class. Join us and start building your legacy today! All are welcome! \$100 off will or trust for 125 LIVE Members

Presenter: Yanowitz Law Firm

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

Register by October 21.**Let's Beat Breast Cancer: Ethnic Disparities in Breast Cancer Go Beyond Biology****5:30-7:45pm, Friday, October 23****5:30-6pm Check-In & Networking****6-6:30pm Welcome, Introduction & Healthy Food Tasting****6:30-7:15pm Featured Presentation****7:15-7:45pm Q&A & Discussion**

Explore why breast cancer disparities go beyond biology and how lifestyle, access to care, early detection, and other factors can influence outcomes. Discover ways to strengthen prevention and breast health for all women. Join Rochester Clinic/Lotus Health Foundation for an

CONTINUED next column----->**SOCIAL CLASSES****CONTINUED Rochester Clinic/Lotus Health**

evening of cooking demos, food samples, and the inspiring recorded presentation Nourish to Thrive - Whole Person Strategies for Breast Cancer Risk Reduction & Healing from oncology dietitian and breast cancer survivor Alison Tierney. She will share her journey alongside practical, evidence-based strategies for breast cancer prevention and healing. Learn how everyday choices—like nutrition, stress management, and physical activity—can reduce cancer risk, support treatment, and promote recovery. The session offers simple, actionable tips and empowering stories for patients, caregivers, and healthcare providers alike. Then end the evening with a Q&A session.

Presenter: Dr. Kristi Funk, Breast Cancer Surgeon

Free and Open to the Public.

Register by October 22.**What's The Difference? Condos, Townhomes and Cooperatives****10-11am, Saturday, October 24**

As you age, where you call home can change due to various issues. Enroll in this class to learn the differences between condos, townhomes, and cooperatives so that you can find the perfect home for yourself.

Presenter: Jim Miner

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

Register by October 23.**Your Next Chapter: Work, Purpose & Possibilities****10-11am, Monday, October 26**

Whether you're looking to return to work, explore something new, find flexible hours, or stay active and connected, join Workforce Development, Inc. (WDI) for an open conversation about your goals, concerns, and opportunities. We want to hear what matters most to you when it comes to work, including pay, benefits, flexible schedules, technology, transportation, and how work may affect your benefits. Learn about free WDI services like career planning, resume help, interview support, training opportunities, and connections to local employers.

Come share your thoughts, ask questions, and explore what your next chapter could look like.

Presenter: Workforce Development Inc.

Free and Open to the Public

Register by October 25.**Food Union: Intro to Cheese****1-2pm, Monday, October 26**

Please join this class for a guided tasting of five curated cheeses from at least three different milks, ranging from approachable to a little funky. Each cheese is explored alongside essential accompaniments that bring out texture and flavor in every bite. Small-batch non-alcoholic wines or cocktails are included for a curious look at what's new and emerging. A relaxed, interactive tasting focused on discovery, conversation, and good cheese.

Instructor: LeeAnn Zubay, Food Union

\$40 social member | \$52 fitness & nonmember

Register by October 25.

SOCIAL CLASSES**Art Reception****6-7pm, Monday, October 26**

Join us to learn about the artists who are currently exhibiting at 125 LIVE. Our Art Gallery Curator, Beth Sievers, will give a short presentation, followed by a self-guided tour of the artists' work. Light refreshments will be provided. Free and open to the public.

Register by October 25.**911 Dispatch****11am-12pm, Thursday, October 29**

Go behind the scenes of one of the most critical roles in public safety with this engaging and informative session led by a 911 operator. Learn what really happens when you dial 911, from how calls are prioritized to how dispatchers coordinate with police, fire, and emergency medical services. This presentation will walk you through the types of calls operators handle, the decision-making process in high-pressure situations, and how technology supports rapid response. You'll also gain valuable tips on how to communicate effectively during an emergency, what information to provide, and how you can help first responders assist you more quickly. This session offers a unique opportunity to better understand the vital link between the public and emergency services.

Presenter: Janelle Rosin

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

Register by October 28.**Emerald Financial Group-Thrivent Presents: Aging Loved Ones: How to Have the "Heart-to-Heart"****11:30am-12:30pm, Thursday, October 29**

As we age, changes in our needs and the possibility of caregiving can have a significant impact on both finances and family relationships. This workshop explores how to plan for these changes, navigate the financial and emotional aspects of caregiving, and access helpful resources. You'll also learn practical tips for starting healthy, productive conversations with family members. Whether you have adult children or are one yourself, this workshop offers valuable insights for every stage of life.

Instructor: Nate Larson, Associate

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

Register by October 27.**The Music and History of The Rolling Stones****1:30-3:30pm, Thursday, October 29**

Join Paul as he uses a presentation with photos and music to tell the story of The Rolling Stones. The Rolling Stones are known as "The Bad Boys of Rock and Roll." The class will cover their origins in 1962 through their most current releases and touring.

Presenter: Paul Koeller, Member

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

Register by October 28.**SOCIAL CLASSES****Introduction to Medicare with Prime Time Health Advisors****6-7pm, Wednesday, November 4**

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.**Mayo Clinic Hospice: Veteran Care Towards End of Life****1-2pm, Monday, November 9**

We invite you to attend this class to gain a deeper understanding of military culture and the unique needs of veteran populations. The class will explore how to recognize and address the care needs of veterans, as well as provide an overview of VA benefits and resources that are relevant to veterans and hospice patients.

Presenter: Mayo Clinic Hospice

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

Register by November 6.**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 due to pain, this is the class 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.**The Real Value of Closet Space****10-11am, Thursday, November 12**

Closets often hold more than just clothing, they hold years of accumulation. This class focuses on how to reclaim and optimize your space, reduce excess, and create a system that actually works for your lifestyle.

Instructor: Caring Transitions

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

Register by November 11.**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

SOCIAL CLASSES**The Music and History of Jackson Browne****1-3pm, Thursday, 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.

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.

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.

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.

SOCIAL CLASSES**AARP Driver Safety****9am-1pm, Tuesday, November 24**

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 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.

PICKLEBALL CLASSES**Learn to Play Pickleball****1-3pm, Wednesday, October 14 OR****2-4pm, Monday, October 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 October 12 or 17 respectively.

Pickleball 2.0**1-3pm, Thursday, October 22**

This is a beginner-to-intermediate class for individuals who understand the rules and scoring and have played several pickleball games. This class will focus on developing and practicing specific shots, including serves, returns, dinking, and third-shot drops. It will also include practical game situations and strategies.

Instructor: Gus Braga, 125 LIVE member

\$25 125 LIVE member | \$36 nonmember

Register by October 20.

TECHNOLOGY CLASSES**Make Your iPhone Work Smarter with Siri!****11am–12:30pm, Thursday, October 8**

Ready to make everyday tasks quicker—and a little more fun? Join us for a friendly, hands-on iPhone workshop where you'll discover how Siri and voice commands can help you call or text someone, set reminders, ask questions, and more—all without typing. We'll explore helpful settings, practice together on your own iPhone, and look at ways Siri can assist you beyond your phone. No prior experience is needed—just bring your fully charged iPhone, your questions, and your curiosity!

Trainer: Mary Haugen

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

Register by October 7.

Using Google Calendar Workshop**Noon–1:30pm, Tuesday, October 13**

In this hands-on workshop, you'll learn how to use Google Calendar, a free web-based tool included with Google Workspace. Participants will practice creating and sharing events, setting reminders, importing events from the web, and using key features to keep track of appointments, activities, and commitments with confidence.

Prerequisite: You must have a Gmail address, know your username and password, and be comfortable using the internet. Additional details about what to bring will appear on your registration receipt.

Trainer: Fred Ziecina

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

Register by October 12.

Everyday Uses of AI**Noon–1:15pm, Thursday, October 15**

Everyone seems to be talking about Artificial Intelligence (AI) lately, but what does it mean for you? Join us for an engaging discussion that demystifies AI and explores how it's already built into the tools you use every day. From voice assistants to customer service and modern healthcare, we'll break down the most common ways AI is working behind the scenes. Plus, you'll discover practical, simple ways to confidently use this technology to make your life a little easier.

Trainer: Chelsie Gaspar

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

Register by October 14.

TECHNOLOGY CLASSES**Senior Planet: Introduction to Chatting with AI****12–1:15pm, Thursday, October 22**

Curious about using ChatGPT or Gemini but not sure 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 specific, effective questions or prompts to get helpful responses. We'll show you how this tech can help you with various tasks. We'll also discuss best practices for privacy and security.

Trainer: Chelsie Gaspar

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

Register by October 21.

Streaming & Smart TVs**Noon–1:15pm, Friday, October 23**

Ready to "cut the cord" on expensive cable bills? Join us to learn how easy it is to watch your favorite movies, shows, and live TV online. If you've been curious about services like Netflix, Hulu, or YouTube but aren't sure where to start, this presentation is for you!

We'll demystify online entertainment and show you how to watch your favorite programs and live TV online. You'll leave understanding what streaming is, how Smart TVs and plug-in devices work, and how you might save money by cutting the cable cord.

Trainer: Ken Zaiken

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

Register by October 21.

Cloud Storage**12:30–1:45pm, Tuesday, October 27**

Wondering what "the cloud" really means? In this discussion, you'll learn how cloud storage can help you safely save documents, photos, and other important files online—and access them anytime from a computer, tablet, or smartphone. We'll explain the basics, discuss why cloud storage is a convenient way to protect and organize your files, and introduce a few popular services you may want to explore.

Instructor: Mary Haugen

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

Register by October 26.

ART AND POTTERY CLASSES**Halloween Ghost****6-7:30pm, Monday, October 5**

Your Halloween decorations will look Fa-boo-lous with ghost you create from clay. This class meets once. Your ghost will be glazed and fired for pick up later.

Instructor: Carolyn Real

\$45 social member | \$57 fitness and nonmember

Register by October 2.**Asian Brush Painting: Beginner and Continuing****2:30-4:30pm, Tuesday October 6-27 OR****2:30-4:30pm, Tuesday, November 3-24**

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.

\$61 social member | \$91 fitness & nonmember

Register by October 4 or October 30 respectively.**Support The Girls****6:30-8:30pm, Wednesday, October 7**

Celebrate creativity and confidence in this playful hand-building class where you'll craft your own body-positive coasters and a matching holder. Using slab-building and simple sculpting techniques, you'll learn how to shape, refine, and add fun details to each piece. This relaxed, beginner-friendly class is all about self-expression, empowerment, and making something both functional and fabulously unique. Come get your hands dirty and create a set that's guaranteed to spark smiles and conversation!

Instructor: Anna Glenski-Kjose

\$45 social member | \$57 fitness and nonmember

Register by October 2.**A Muddy Date Night****4:30-6pm, Saturday, October 10 OR****7:30-9pm, Saturday, October 10**

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 October 7.**ART AND POTTERY CLASSES****Hand Built Wall Pocket****5:30-7:30pm, Thursday, October 22**

Create a beautiful functional ceramic wall pocket in this hands-on pottery class. Perfect for holding flowers, herbs, utensils, or small treasures. These pockets add a unique touch to any space. Modern glaze and design for finished piece (All skill levels).

Instructor: Janelle Forsthoffer

\$45 social member | \$57 fitness & nonmember

Register by October 19.**Ladies Mud****7:00-8:30pm, Friday, October 23 OR****4:30-6pm, Saturday, November 14**

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 served to those 21+ with an ID.

Instructor: Anna Glenski-Kjose

\$45 social member | \$57 fitness & nonmember

Register by October 20 or November 11 respectively.**Intro to Wheel I: Accelerated****5:30-7:30pm, Mondays & Thursdays, October 26, 29, November 2, and 5**

This four-session class meets twice a week for two weeks and focuses on the fundamentals of wheel throwing. Ideal for returning to wheel or those looking for a refresher, you'll practice centering, cylinders, and bowls. All tools and clay are included. Most pieces will be cut in half for evaluation, and you will not keep any finished pieces.

Artist: Carolyn Real

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

Register by October 21.**Mindful Art Club****6-8pm, Thursday, October 29 OR****6-8pm, Thursday, November 12**

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 creating a specific design you are invited to explore what you feel and let your creativity guide you. Mindfulness is the practice of paying attention to your thoughts, feelings, and bodily sensations with curiosity, acceptance, and without judgment. Together, mindfulness and intuitive art allows you to relax, explore, and enjoy the creative process without worrying about being an "artist." No artistic experience is necessary.

Instructor: Evelyn Daood

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

Register by October 26 or November 9 respectively.

CLASS

ART & 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.**Gnomes****5:30-7:30pm, Monday and Thursday, November 9 & 12**

Gnomes are a symbol of good luck and protection year round. Your gnome can be created for any season. Come create a gnome with a personal flare all your own. This class meets twice, session 1 = build, session 2 = paint. The second night we will be painting on your leather hard greenware pieces. Your piece will be fired and ready for later pick up.

Instructor: Carolyn Real

\$85 social member | \$99 fitness & nonmember

Register by November 5.**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 decoupage 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 | \$36 fitness & nonmember

Register by November 11 or December 12 respectively.**ART & POTTERY CLASSES****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.**Pitcher Perfect****6:30-8:30pm, Wednesday, December 2 & 16**

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 November 26.**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.

SPECIALTY FITNESS CLASSES

Friday Suspension Training**11:30-12pm, Fridays, October 2-23**

Suspension training is a fun way to use your body weight in different ways. In this class, you will participate in exercises that are easy on the joints while improving flexibility and mobility. You will increase your strength and work your muscles in ways you have never done before. Floor exercises included.

Personal Trainer: Kris

\$35 fitness member | \$47 social & nonmember

Register by October 2.**SkiErg Conditioning****12:30-1pm, Fridays, October 2-23**

Take advantage of this specialty class and learn how to use the SkiErgs in a strength and endurance routine! Enjoy a low impact cardio workout on the skiErg, increasing stamina and endurance, while working the arms(%60), core(%30), and legs(%10). Further develop your strength and endurance by incorporating the use of dumbbells. Expect alternating intervals of the SkiErg and weight training. No floor exercises.

Personal Trainer: Kris

\$35 fitness member | \$47 social & nonmember

Register by October 2.**Neck & Back Mobility October****9:45-10:15am, Mondays & Wednesdays, October 5-28**

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.

Personal Trainer: Katy Hetland

\$37 fitness member | \$49 social & nonmember

Register by October 5.**GLP-1 Muscle Recovery Group****7-7:50pm, Mondays & Wednesdays, October 5-****November 11 OR****6-6:50pm, Tuesday & Thursdays, October 6- November 12**

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

Personal Trainer: Ed or Nataly

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

Register by October 1.**Healthy Hips****9-9:30am, Tuesdays & Thursdays, October 6-29**

Having strong hip muscles helps maintain your posture and improves your balance, stability, and range of motion. In this class, we will work on a series of exercises targeting the muscles in your hips, glutes, thighs, and core.

CONTINUED next column----->

SPECIALTY FITNESS CLASSES

CONTINUED Healthy Hips

This class will include sitting, standing, and floor exercises.

Instructor: Personal Trainer Katy Hetland

\$37 fitness member | \$49 social & nonmember

Register by October 6.**Evening Aqua Cycle****8:10-8:40pm, Tuesdays & Thursdays, October 6-22**

An aqua cycle class is a high-energy, low-impact workout that takes place in the water, combining cycling with water resistance to tone muscles and improve cardiovascular health. Participants pedal on stationary bikes submerged in the pool, benefiting from the water's buoyancy to reduce joint strain while still achieving a full-body workout. Join us in the warm-water pool for 30 minutes of interval training on the aqua cycle bikes.

Instructor: Heidi

\$22 fitness member | \$34 social & nonmember

Register by October 6.**Core & Restore October****8-8:30am, Wednesdays October 7-28**

Improve your posture, back pain, and flexibility in this specialty class! You will first target the core doing floor exercises using a variety of tools, such as dumbbells, bands, balls, or bodyweight. Finish out the class feeling refreshed and limber through restorative yoga poses. (Floor exercises included.)

Personal Trainer: Sunny

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

Register by October 7.**Rhythm & Resistance****4-4:50pm, Friday, October 9 & 16**

Get ready to lift and dance your way to a healthier you! Join Chelsey for a fun Zumba and strength combination class! There will be encouraging, energetic music to keep you moving and wanting more. Expect a class that is half dancing and half lifting. If you are looking to get stronger, but also want non-traditional cardio, this class is for you! Don't miss out on this unique opportunity!

Trainer: Chelsey

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

Register by October 9.**Halloween Zumba Celebration!****6-7:30pm, Friday, October 30**

Get ready to dance, sweat, and have a spooktacular time! Join us for a Halloween-themed Zumba celebration filled with energizing music, festive moves, and plenty of fun. Costumes are encouraged, so come dressed as your favorite spooky, silly, or supernatural character! After the workout, stick around for ghoulish drinks and tasty Halloween treats as we celebrate together. Come for the workout, stay for the treats and Halloween fun!

Instructors: 125 LIVE staff

\$5 125 LIVE member | \$10 nonmember

Register by October 29.

UPCOMING EVENTS

VETERANS DAY PROGRAM

10-11:30AM, FRIDAY, NOVEMBER 6

DESSERT FIRST 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

