

MAY 2020

Updated 5/1/2020



Social Activities Calendar

Activities subject to change.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--|--|--|--|--|----------|
| | The Activities listed here are on ZOOM. Events will be live when we reopen. | | Registration Required See Back for Details | | 1 2:00—3:00 PM BINGO | 2 |
| 3 | 4 10:30—11:30 am Introduction to Zoom | 5 10:30—11:30 am Introduction to Zoom 1:00—2:00 When Minutes Matter Stroke Prevention Jenn Wells-Pittman 6:00—7:00 pm Cinco De Mayo Happy Hour Jen S. will show how to make Margarita's | 6 10:30—11:30 am Introduction to Zoom | 7 10:30—11:30 am Introduction to Zoom 1:00—2:30 pm Changes Adapting to Grief and Loss Today Marianne Maruca, LP, FT | 1:00—3:00PM Art with Friends 3:00—4 :00 pm BINGO | 9 |
| 10 | 11 10:30—11:30 am 1 Topic-1 Hour What Did you Say? With Amy Swain Sponsored by Visiting Angels | 12 10:30—11:30 am Senior Health Insurance Options Available Bill and Molly Pudwell | 13 10:30—11:30 am Protect Yourself From Fraud During COVID-19 11:30-12:30 Wellness Wednesday 2:00—4:00 pm Genealogy Club Meeting | 14 11:30—12:30 pm Diabetes Support Group 2:00—4:00 pm Coffee & Cameras | 15 1:00—3:00PM Art with Friends 3:00—4 :00 pm BINGO | 16 |
| 17 | 18 10:30—11:30 am 1 Topic-1 Hour Ask the Pharmacist: How to be a Savvy OTC Supplement Consumer With Jeremy Anderson | 19 10:30—11:30 am Tick Tick It's Lyme Time Claire Knocke MS, MA, REHS Olmsted County Public Health Services | 20 10:30—11:30 am Natural Grocers—Susan Askildson Nutritional Health Coach 2:00—4:00 pm Adobe Round Table | 21 | 22 10:30—11:30 Director's Town Hall 1:00—3:00PM Art with Friends 3:00—4 :00 pm BINGO | 23 |
| 24 31 | 25 Memorial Day 125 LIVE Closed | 26 | 27 | 28 2:00—4:00 pm Coffee & Cameras | 29 1:00—3:00PM Art with Friends 3:00—4 :00 pm BINGO | 30 |

125 LIVE Social Activities May 4 to May 8

Introduction to Zoom 101

Monday, May 4, Tuesday, May 5, Wednesday, May 6, or Thursday, May 7 10:30 – 11:30 am

Join us for a guided tour of Zoom. This class will repeat four times. Zoom is a flexible on-line meeting tool. You can access Zoom from a:

Traditional phone with no video available, only audio. So people can listen and speak.

Smartphone using the Zoom App or with or the app just join a meeting.

PC, Mac or tablet using your camera and microphone.

[Click Here to Register](#) | Call in Phone Number: 312 626 6799 Meeting Id 895 0757 1793

When Minutes Matter: Stroke Prevention

Tuesday, May 5, 1:00 – 2:00 pm

Overview of stroke signs/symptoms, how to lower your risk of stroke, and know what to do in case of a stroke. Stroke affects one in every six people during their life-time. Come join a local stroke nurse to learn about common risk factors for stroke and strategies to help decrease that risk. Information will be presented on risk factors for stroke including a self-assessment tool, ways to decrease risk, signs of stroke, and what to do if someone is having a stroke.

Presenter: Jenn Wells-Pittman, MS, APRN, CNS

[Click Here to Register](#) Call in Phone Number: 312 626 6799 Meeting ID: 849 0498 1036

Cinco De Mayo Happy Hour

Tuesday , May 5, 6:00 – 7:00 pm

Cinco De Mayo Happy Hour—Jen S. will show how to make Margarita's

[Click Here to Register](#) Meeting ID: 857-8135-7373 | Call in Phone Number: 312 626 6799

Grief Support Group- CHANGES IN OUR LIVES

Thursday, May 7, 1:00 – 2:30 pm

Open to anyone experiencing loss and change especially during these unusual times. Explore feelings, and experiment with new ways to cope. Facilitator: Marianne Maruca, LP, FT

[Click Here to Register](#) Meeting ID: 889 8594 2944 | Call in Phone Number: 312 626 6799

Friday Art Bunch—Art with Friends

Fridays May 8, 15, 22, 29 1:00—3:00 pm

Join your art friends as we connect via Zoom and share the art projects we are working on.

[Click Here to Register](#) Meeting ID: 827-4538-7389 | Call in Phone Number: 312 626 6799

125 LIVE Virtual "Beat the boredom" BINGO

Friday, May 8, 3:00—4:00 pm

Beat the Boredom we feel with the "Stay at Home Order." Jeani Driscoll with Elder Network is offering FUN BINGO Games. Pick up your Bingo Cards in front of 125 LIVE.

[Click Here to Register](#) | Meeting Id 842-8262-3575 Call in Phone Number: 312 626 6799

125 LIVE Social Activities May 11 to May 15

One Topic One Hour—What did you say?

Monday, May 11, 10:00- 11:00 am

Join this One Hour One topic discussion and learn how untreated hearing loss can be bad for your health. What is the relationship between dementia and hearing loss? Tips on speaking to someone who has a hearing loss (even if they have hearing aids) and the latest technology available in hearing aids.

Presenter: Dr. Amy Swain, Audiologist - Amy Swain Hearing Centers. Sponsored by Visiting Angels

[Click Here to Register](#) Meeting ID: 868 2942 4911 | Call in Phone Number: 312 626 6799

Senior Health Insurance

Tuesday, May 12, 10:30 am– 11:30 am

If you are turning 65 or retiring, you will have many options for health insurance that coordinate with Medicare. Learn about different plans, specific benefits, and how they differ from company to company as well as different prescription drug plans, drug tiers, and co-pays. Leave this class with the knowledge you need to make the best insurance choices.

Presenters Bill Pudwell and Molly Pudwell

[Click Here to Register](#) Meeting ID: 838-1002-7067 | Call in Phone Number: 312 626 6799

Protect Yourself From Fraud During COVID-19

Wednesday, May 13, 10:30—11:30 am

The COVID-19 pandemic and response have presented a dangerous mix of conditions that make all of us more vulnerable to fraud victimization and has caused financial scammers to mobilize. In many ways, the hard work is already done for the scammers - fear, uncertainty, isolation, availability, and soon an influx of cash in the form of economic relief payments. Along with many agencies and organizations, AARP is providing information and resources to help people navigate this crisis in safety, health, and financial security. AARP's Fraud Watch Network continues to be a trustworthy resource for current information about scams during this time. Presenter: Jay Haapala leads the program here in Minnesota. He will share the latest information so you can protect yourselves.

[Click Here to Register](#) Meeting ID: 849-9533-3582 | Call in Phone Number: 312 626 6799

Wellness Wednesdays/ Dealing with Difficult Emotions

2nd Wednesdays, May 13, 11:30 –12:30

Sue Babcock, PsyD, LP (Clinical Psychologist at Olmsted Medical Center) is interested in positive psychology, mindfulness, meditation, self-compassion, and collaborating with patients toward wellbeing. As a 125 LIVE Member, Dr. Babcock enjoys the benefits of being a part of this vibrant community.

[Click Here to Register](#) Meeting ID: 889-5668-5324 | Call in Phone Number: 312 626 6799

125 LIVE Social Activities May 11 May 15

Genealogy Club Meeting—Introduction to DNA Concepts and Their Application to the Study of Rare Diseases Wednesday, May 13, 2:00—4:00 pm

The Genealogy Club May 13th meeting will be provided via ZOOM. Executive Director Sylwia Bujak-Oliver's husband, Gavin Oliver is Lead Bioinformatician in Mayo Clinic's Center for Individualized Medicine. He is an Assistant Professor in Biomedical Informatics and an Associate in Health Sciences Research. Gavin was educated in Northern Ireland, joining Mayo Clinic in 2012 where he uses DNA sequencing technologies to help diagnose or treat rare genetic diseases and cancer. Join us for this stimulating discussion.

[Click Here to Register](#) Meeting ID: 822-2248-2135 | **Call in Phone Number: 312 626 6799**

Diabetes Support

Thursday, May 14 10:30—11:30

Member and volunteer driven group working together to develop a greater understanding of diabetes and comradery.

[Click Here to Register](#) Meeting ID: 854-9381-7163 | **Call in Phone Number: 312 626 6799**

Coffee and Cameras

Thursday, May 14, 2:00—4:00 pm

For our meetings, we'll encourage no more than 20 people to submit a maximum of FOUR digital images you would like to discuss during our "Virtual" club meeting in .JPG format to Tom Severson at: tgsever@gmail.com and NOTE - you can start sending your photos now up to one hour before the meeting starts. Tom will need time to organize the images and prepare for the meeting. Please give this new format a try! We think you will like it!

[Click Here to Register](#) Meeting ID: 896-9530-0231 | **Call in Phone Number: 312 626 6799**

Friday Art Bunch—Art with Friends

Fridays May 15, 22, 29 1:00 –3:00 pm

Join your art friends as we connect via Zoom and share about the projects we are working on.

[Click Here to Register](#) Meeting ID: 827-4538-7389 | **Call in Phone Number: 312 626 6799**

125 LIVE Virtual BINGO "Beat the boredom"

Fridays, May 8, 15, 22, 29 3:00 –4:00

Beat the Boredom we feel with the "Stay at Home Order." Jeani Driscoll with Elder Network is offering FUN BINGO Games. Pick up your Bingo Cards in front of 125 LIVE.

[Click Here to Register](#) | **Call in Phone Number: 842-8262-3575 Meeting Id 895 0757 1793**

125 LIVE Social Activities May 18—May 22

One Hour One Topic: Ask the Pharmacist: How to be a Savvy OTC Supplement Consumer

Monday May 18, 10:30-11:30 am

Is there something I can buy over the counter instead of this prescription? Is it safe to take this with my current medications? Which brand should I buy? In this interactive session, you'll have the opportunity to learn what OTC supplements have the best evidence, as well as what to look for to ensure safety and quality and how to more safely choose supplements for prescribed medications. Questions are welcome. Questions are welcome.

Presenter: Jeremy R. Anderson, PharmD, BCACP

[Click Here to Register](#) Meeting ID: 875-6497-2208 | **Call in Phone Number: 312 626 6799**

Tick, Tick, Tick it's Lyme Time

Tuesday, May 19, 10:30- 11:30 am

Ticks that carry Lyme disease are here and very small! You will never see them without a magnifying glass or feeling their bite. Minnesota is the 9th state in the nation for new cases of Lyme disease annually. See tick specimens, recognize signs and symptoms of Lyme disease, and know-how to prevent tick bites.

Presenter: Claire Knocke MS, MA, REHS, Olmsted County Public Health Services.

[Click Here to Register](#) Meeting ID: 898-7702-4838 | **Call in Phone Number: 312 626 6799**

Natural Grocers Presents Good-4 You Nutrition 101

Wednesday, May 20, 10:30-11:30

This Nutrition 101 class gives you all the right tools for total body health—balanced energy, mood, sleep, metabolism, brain function, and more!

Presenter: Susan Askildson, Nutritional Health Coach

[Click Here to Register](#) Meeting ID: 828-3411-3832 | **Call in Phone Number: 312 626 6799**

Adobe Photo Software Round Table

Wednesday, May 20, 2:00—4:00

This photography discussion session welcomes anyone who has an interest in the Adobe suite of software for processing photos, scans, and other graphic art. Photoshop (and its little brother Elements) is a tool for modifying and enhancing photographs, and is a common topic of discussion. Lightroom is a tool for cataloging large photo collections used by many professional photographers. The Adobe Creative Suite includes several other tools, and we discuss alternative vendor products. The "focus" is on expanding the skills of members and to supplement the 125 Live photography group sessions.

[Click Here to Register](#) Meeting ID: 869-2457-6531 | **Call in Phone Number: 312 626 6799**

Directors Town Hall

Friday, May 22, 10:30—11:30 am

Join the 125 LIVE Directors, Sylwia Bujak, and Ken Baerg as they share updates about 125 LIVE.

[Click Here to Register](#) Meeting ID: 812-2622-6732 | **Call in Phone Number: 312 626 6799**

Friday Art Bunch—Art with Friends see previous page

125 LIVE virtual "Beat the boredom" BINGO see previous page

125 LIVE Social Activities May 25—May 30

Memorial Day

Monday May 25, 125 is Closed

Coffee and Cameras

Thursday, May 28, 2:00—4:00 pm

For our meetings, we'll encourage no more than 20 people to submit a maximum of FOUR digital images you would like to discuss during our "Virtual" club meeting in .JPG format to Tom Severson at: tgsever@gmail.com and NOTE - you can start sending your photos now up to one hour before the meeting starts. Tom will need time to organize the images and prepare for the meeting. Please give this new format a try! We think you will like it!

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