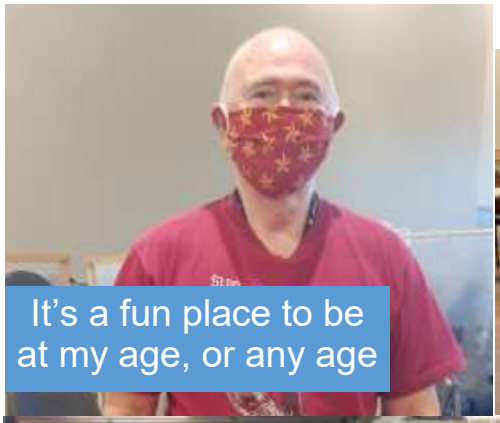
September & October
125 LIVE EVENTS

Great atmosphere, dedicated passionate staff.
Something for adults of all ages. – member review

follow us @125LIVEmn

What is 125 LIVE?

A 501c3, Community Center devoted to improving the wellbeing of adults in our community. Open to individuals 18 and older, 125 LIVE is 60,000ft² of countless amenities, expansive programming and resources for healthful living during all stages of life.



125 LIVE

Hours are subject to change	Fitness Hours	Social Hours
Monday-Friday	5:30am-8pm	8am-8pm
Saturday	6am-6pm	10am-6pm
Sunday	10am-4pm	10am-4pm

Letter from the Director

Dear Members and Friends,

I hope you will enjoy this latest edition of our program guide. We have added even more outdoor activities and we will continue those for as long as the weather permits. Live music, bingo, drive-in movies and other special events- all to build our very special 125 LIVE community.

As the weather declines, members will need to choose whether they are ready to venture indoors.

I want to personally reassure you that your safety is our number one priority. Our new building works to our advantage. We have an excellent HVAC system that filters air and maintains excellent air quality in the building. We have also added additional facility staff hours to ensure that everything is spotless, and we have converted some spaces into multi-purpose spaces.

We also ask you to do your part. Please refrain from coming if you feel unwell. Maintain social distance at all times. We will continue to check your temperature, provide you with facemasks (if you do not have your own) and work to ensure that you have a safe and enjoyable time.

I want to thank you for your continuing patronage and loyalty. It means a lot to us all.

Your kind words, appreciation of everyone's hard work, your willingness to volunteer or to donate – is greatly appreciated, now more than ever.

Sylwia Bujak Oliver
Executive Director

Infinity Real Estate & Management Group
ONB BANK
JK Wilson Law
Olmsted Medical Center Rehabilitation Services
Home Federal
Powers Ventures
Rochester's Neighborhood Resource Center Neighbors Providing tools to grow GREAT neighborhoods
Rochester Area Foundation
America's Choice in Homecare. Visiting Angels
Minnwest Bank

From 200sqft Conference Rooms to 3,300sqft multipurpose banquet rooms 125 LIVE has the resources to host most any kind of event. 125 LIVE has hosted conferences, birthday parties, business meetings, wine tastings, receptions, and much more.
(*even outdoor/indoor movie screenings*)

Reserve a Room

Complimentary Conference Rooms for Non-Profits | Call (507) 424-6403 to reserve today.

Fees and Payment:

Full payment is due two business days after booking.

See 125 LIVE Reservation Policies for cancellation details.

Tier Rates:

VIP Tier Business Partners
Tier 1 Members and Non-Profits
Tier 2 Rochester Businesses and Residents
Tier 3 Non-Rochester Businesses and Residents

Customize your reservation to meet your specific needs:

- Room set-up
- Catering kitchen
- 125 LIVE Bartenders
- Specialty furnishings (i.e. high-top tables)
- Wi-Fi and presentation capabilities

Plan your party today with our Rental Coordinator at **(507) 424-6403** or via email **rentals@125livemn.org**

Reservations are not confirmed until a Reservation Request Form has been signed, submitted and confirmed by Coordinator.

Member Rates / Hours

	SOCIAL		FITNESS		SOCIAL & FITNESS	
AGE	50+ 90+ FREE	18-49	50-89 90+ 50% OFF	18-49	50-89 90+ 50% OFF	18-49
MONTHLY DUES	$22 Single $42 Dual	$27 Single $47 Dual	$47 Single $72 Dual	$52 Single $82 Dual	$62 Single $87 Dual	$72 Single $102 Dual
ANNUAL DUES	$238 Single $454 Dual	$292 Single $508 Dual	$508 Single $778 Dual	$562 Single $886 Dual	$670 Single $918 Dual	$778 Single $1,102 Dual
MEMBERSHIP AMENITIES	Checkout Library Books Billiards Room Open Art Studios Open Computer Lab Reduced Fees for Events Discounted Room Rental Rates Movies & Concerts Educational Programs		Fitness Center Complimentary Fitness Equipment Orientation Discounts on Personal Training Packages Group Fitness Classes Warm Water Pool Lap Pool Pickleball, Ping Pong, Square Dancing Walking Loops in both 125 LIVE and Rec Center		**SAVE 10% WITH ANNUAL DUES*** *not applicable with other discounts, must be paid in full	
DAY PASS RATES	**$10 Day Membership Grants Access to Both Social and Fitness***					

Enrollment fee of **$45** is due upon initial registration. For additional information visit 125livemn.org
125 LIVE accepts most major health insurance reimbursement programs.
Two month minimum commitment required for all membership types.
*Some restriction apply

For more information please contact 125 LIVE

(507) 287-1404

INFO@125LIVEMN.ORG

125 ALIVE & Kicking

Drive-In Movies

Indoors, outdoors, online or at a 6-foot distance, it doesn't matter! 125 LIVE is dedicated to keeping our members and community safe, while never missing the opportunity to serve our mission: *"To enrich the lives of active adults".*

Regularly Scheduled Pro-

125 LIVE Castle Quilters S
Every Monday & 1st & 3rd Friday
9:00 am-12:00 pm
Free Social Member / $10 Non-Member

Wood Carvers S
Every Tuesday
9:00 am – 12:00 pm
Free Social Member / $10 Non-Member

Music Jam Session S
Wednesdays 2-4pm
Free Social Member / $10 Non-Member

Zoom

Adobe Round Table RS
3rd Wednesdays
Free Social Member / $10 Non-Member

Zoom

Virtual Yahtzee S R
Mon & Tuesdays 1-3pm
Free Social Member / $10 Non-Member

Zoom

Virtual Genealogy Club S R
2nd Wednesdays, 2:00-4:00 pm
Free Social Member / $10 Non-Member

Knitting S
Yarn supplied
Every Friday 11am
Free Social Member / $10 Non-Member

Ping Pong S F
Tuesday and Thursday 1:30pm-3:30pm
Free Member / $10 Non-Member

Grief Support Group
1st & 3rd Thursdays
1:00 pm – 2:00 pm

Zoom

Virtual 1 Topic, 1 Hour S R
Enjoy coffee and current events.
Every Monday 10am-11am
Free Social Member / $10 Non-Member

Outdoor Concerts F S
Fridays 10am
Open to all members

Beading Bunch S
Wednesdays 10-11am
Free Social Member / $10 Non-Member

Art With Friends S
Fridays 1:30pm
Free Social Member / $10 Non-Member

Monday Musical / Documentary Series S
Every Monday 12pm
Movies listed at Membership Services Desk
Free Social Member / $10 Non-Member
*New releases and greater variety now

Zoom

Virtual Tech Help with the Tech Mates S R
Mondays: 2:30 to 4:30 pm
Fridays: 9:30 to 11:30 am
The 125 LIVE Tech Mates are available on Zoom to help with your tech questions.

Contact Membership Services to register for these activities and receive the **Zoom log-in details.**

507-287-1404

www.125LiveTechMates.org
125LiveTechMates@gmail.com

Virtual Coffee and Cameras S R

2nd and 4th Thursdays 2–4pm
Free Social Member / $10 Non-Member
Photo by Tom Severson

125 LIVE Meals for Seniors Program

A generous grant we received from Rochester Area Foundation allows us to provide area seniors with lunch, each and every weekday. Meals are prepared by Canadian Honker and can be reserved by signing up in-person or by phoning Membership Services by noon the day prior. We do need to track participation as part of our grant commitments. Curbside pick up available upon request! 507-287-1404.

Fitness Barre F

Mondays, Wednesdays, Fridays 7am
Free Fitness Member / $10 Non-Member

Cardio-Drumming F

Monday-Friday, Variety of times daily
Free Fitness Member / $10 Non-Member

Pool Fitness Classes F

Monday –Saturday, Variety of times daily
Free Fitness Member / $10 Non-Member

Yoga Classes Beginner-Advance F

Monday-Saturday, Variety of times daily
Free Fitness Member / $10 Non-Member

Zumba & Dance Classes all levels F

Monday-Saturday, Variety of times daily
Free Fitness Member / $10 Non-Member

Strength & Kettlebell Classes F

Monday-Saturday, Variety of times daily
Free Fitness Member / $10 Non-Member

Check out the Quarterly Fitness Schedule for more Fitness Programs!!

Pop Up Med City Arts Festival

Join us and support local artists and have a great time

Sat Sept 19, 11am-5pm

September Fitness Activities

Healthy Weight Workout F

Join Trainer Katy every Wed at 5pm for this healthy weight workout. Whether you are looking to shed pounds or gain weight, this workout will help you hit your personal goals. Stay after the workout for supportive discussions including how to change habits, what to eat and when, how nutrition and exercise play a role in healthy weight goals, and even exchange recipes and fitness tips!

Wednesdays Sept 9-Oct 28, 5-6pm
$35 Fit Member fee / $75 non-Member
Registration required
Min 6 Max 16

Staying STEADI Free Falls Prevention Screening 125 LIVE G

Free for anyone over the age of 65, even non-members of 125 LIVE. This 15-minute assessment is designed to help predict your ability to maintain your independence, and is supervised by a certified Personal Trainer.

Contact Jen at info@125livemn.org to schedule an appointment.
Free and open to the public.

Personal Training F

Create and reach your wellness goals. 125 LIVE Personal Wellness Trainers will assist you with developing a fitness routine and assist you with any fitness/wellness interests you may have. Training is flexible to schedule and budget, with prorated session ranging from 30, 45, or 60 minutes.

Contact Jen at info@125livemn.org to schedule an appointment.
$50/hour Fit Member / $60/hour Non-Fit

Strong Nation Happy Hour with Megan & Jess F R

Workout with our newest instructors Megan & Jess as they lead Strong Nation by Zumba. This fun, yet challenging workout, set to energetic music will get your heart pumping and make you stronger from the inside out! After the workout, enjoy happy hour drinks and get to know each other. Wine bar will be available, single drink with registration.

Friday Sept 25th, 5pm
$5 Member fee / $15 Non-Member fee
Registration Required

Fitness Assessments & Orientations R F

125 LIVE is offering to its members free health and wellness assessments and fitness orientations. Learn how to use the equipment and understand your current fitness level.

For details contact Jen at info@125livemn.org
Free Fitness Member / $10 Non-Member

Yoga at Forager Brewery G R

Join Max for a gentle yoga flow in the beautiful outdoor setting of the Forager patio. Single drink included in registration.

Weds Sept 16th 3pm
$10 Member / $15 Non-member

Workouts in the Park, Thursdays 6:00 p.m.

9/4	Yoga with Corinne	Three Links Park
9/10	Zumba with Jess	McQuillan Park
9/17	Strength with Olga	Foster Arends
9/24	Bootcamp with Katy	Kutzky Park

125 LIVE's PWR! Moves: Improved Neurological Function R F

Exercise integrating sports, fitness and more traditional gym activities such as strength, agility, balance, coordination, and flexibility training. Work independently or with partners at different stations, each with a different focus. By design this class encourages problem solving, fast processing, and sequencing. Second class will be added if first session fills based on instructor availability.

Monday, Wednesday & Friday 10am
Free Fitness Member

Adult FA/CPR/AED Blended Learning

These classes are offered in a blended learning format where the participant must complete some course work online in addition to attending an in-person classroom session.

Sat Sept 12th 1-3:30pm
$95 Member / $105 Non-member
Registration required

Workout with the 125 LIVE Trainers F R

Have you ever thought of personal training but weren't sure what it would be like or which trainer would fit your needs? Each week will feature a different 125 LIVE trainer who will create two different small group personal training workouts; one session a bit more traditional and the other a bit outside of the ordinary.

Katy: Sept 7 & 12, Mon 8am & Weds 4:30pm
Brent: Sept 14 & 19, Mon & Weds 6pm
Fred: Sept 21-26, Tues & Thurs 9am
Registration required
$7 Fitness Member / $17 Non-member

Cancer Survivor Fitness F R

6-week fitness program and support group designed specifically for anyone whose life has been impacted directly by cancer; as survivors, fighters or caregivers. Sessions include exercise led by a Cancer Fitness Specialist as well as a closed discussion group for participants to share their experiences in a safe/supportive environment. Participants will have direct access to a Cancer Exercise Specialist.

Mondays, Wednesdays, & Fridays 11am
Sept 14 – Oct 23
Registration required
$0 Fitness Members / $180 Non-member

September Events

Generations Together @ 125 LIVE

Drive-In Movies G R
"Frozen 2" G R

125 LIVE is presenting Disney's Frozen 2 broadcast on the drive-in screen in the lower level parking lot. Everyone is encouraged to arrive dressed as thier favorite Disney character/princess, with frozen treats awarded to everyone that dresses up. Rated PG

Friday September 4, 8pm arrival
Registration Required
$20/car
Open to the general public

"Knives Out" G R

125 LIVE is presenting "Knives Out" a murder mystery were everyone is a suspect. Rated R

Friday September 18, 8pm arrival
Registration Required
$20/car
Open to the general public

National Grandparents Day R G

An outdoor celebration of generations working and playing together painting (underglazing) custom plates, mugs and bowls. Class will be hosted outside the Pottery Studio on the Patio. The pieces will be fired in the kiln and participants will be contacted when their projects are done.

Sunday September 13, 1pm
Registration Required
$15 Member fee / $20 Non-Member
Additional pieces available during event

Makerspace Woodshop

Woodshop Makerspace (Membership)

Access to tools and equipment available onsite for wood and craft projects. Access requires an monthly add-on or membership fee, and a single session safety orientation. Membership allows for independent use of the shop.

Add-on Membership Required

Say Goodbye to the Summer R FS

125 LIVE wants to send summer away in style. Join us for tacos and margaritas and salsa lesson as we enjoy outdoors on the first day of autumn.

Tuesday, September 22, 5 pm
Registration Required $5 members
Open to the all members

Volunteers & Support

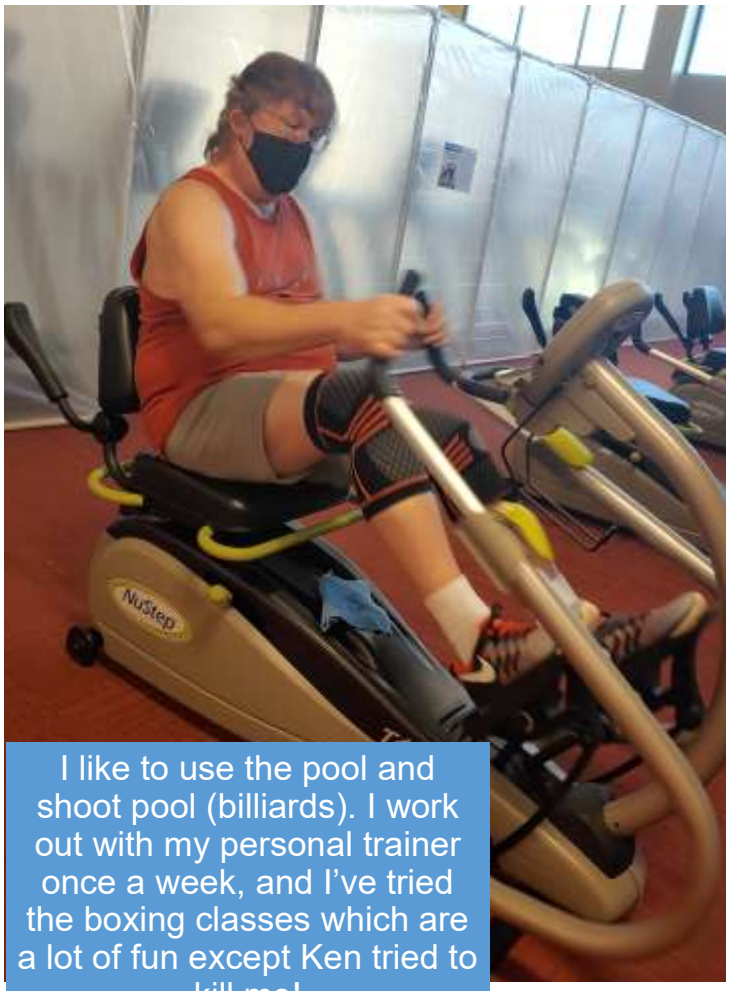
Special Opportunities

$10 on the 10th

A majority of 125 LIVE members receive discounted / free memberships through their insurance or their employer's partnership with 125 LIVE. These vital discounts give opportunities to individuals that benefit from 125 LIVE programs, but the reimbursement provided from these discounts doesn't match the monthly cost of membership, and if you don't scan-in 125 LIVE doesn't receive any payment at all. 125 LIVE is asking members what 125 LIVE means to them and encourage them to lend the support of $10 a month towards our operating costs. Nearly 90% of 125 LIVE's budget goes directly back into providing services in our community. Info@125livemn.org

I workout in the fitness center 5 days a week

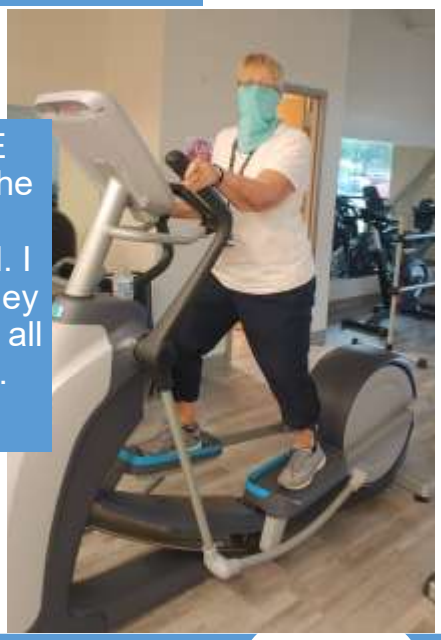
Supporting 125 LIVE & Each Other



I like to use the pool and shoot pool (billiards). I work out with my personal trainer once a week, and I've tried the boxing classes which are a lot of fun except Ken tried to kill me!

(replace "kill" with motivate)

I love 125 LIVE because it's got the best exercise machines around. I love the variety they offer for people at all levels of fitness.



Partners Serving our Community

Sandy Ann's Hair Styling

In business since 1979, Sandy Ann's offers mens and womens haircuts for ALL ages. Colors, perms, shampoos and blow dries. Providing hair services onsite at 125 LIVE in the Personal Wellness Suites. Call to schedule an appointment.

Contact Sandy @ 507-252-9430

Larry Murphy Massage

With 8-years of experience in several modalities including: Swedish, deep tissue, and prenatal. Available afternoons and evenings Larry provides massage services onsite in the Personal Wellness Suites at 125 LIVE. To show his appreciation for our members Larry is offering a 15% discount on his services for 125 LIVE Members. Call to Schedule an appointment.

507-271-8811

Rochester Reiki Retreat

Join Reiki Master Jen Schimek for a relaxing "getaway" right here at 125 LIVE. Jen has been practicing the healing art of Reiki since 2016. Using Life Force Energy, Jen helps people activate their own natural healing processes. If you're feeling stressed out or physically sore take some time out for yourself. Come visit Jen at Rochester Reiki Retreat for a healing session. By appointment 507-398-9123 or via email zenjen044@gmail.com

Looks by Liz * COMING SOON

Liz, has been a licensed Esthetician for almost 8 years, specializing in all things skin care & beauty. She loves bringing out her clients inner beauty by enhancing their outward beauty.

September Educational Events

One Topic, One Hour - Don't Lose your Home & Assets to the State R G

Monday September 14, 10am
Free and Open to the Public
Registration required by 12pm Sept. 13

Protect your assets so you can afford the quality care you deserve. Rochester's Elder law attorney, Julianne Kocer will explain the basics and advance methods to preserving your assets. Julianne is the only attorney in Minnesota who holds a post-doctorate degree in Elder Law and has been rated by Super Lawyers. Join via Zoom.

Monday Sept. 21 The Constitution
Registration deadline, 12pm Sept. 20

Monday, September 28, 10am Topic TBD
Registration deadline 12pm Sept. 27

R-Spotlight G R

An educational collaboration between 125 LIVE, KSMQ TV and the Rochester Chamber of Commerce. Every other Wednesday subject specialist will present expert insight into their fields. Event will be presented live, via Zoom, Facebook, and Public Television.

September 2, 16 & 30 10am
Registration required

125 LIVE/Infinity Home Services Partnership

Let Infinity Home Services help tackle some of those home projects you have been putting off forever, or help with on-going tasks that are starting to wear on you. Call membership services for additional information or help in scheduling a consultation. 507-550-1052

Medicare Questions
Senior Health Insurance G R

Join Bill & Molly Pudwell as they cover Medicare parts A, B, C and D and the Important differences between Medical Advantage Plans and Medical Supplement (Medigap plans). How specific plans differ from company to company. Prescription drug plans, tiers and co-pays. Leave with the knowledge needed to enroll in a plan that serves you best.

Wednesday, September 16, 10 – 11 am
Free to the public
Registration Required

Honeybee Flyover R S

This presentation will include honeybee basics, why we worry about the honeybee population, what's wrong with the honeybees, gifts from the hive and simple things you can do to protect the pollinators. Presented by John Shonyo, Co-Owner of The Bee Shed.

Thursday, September 24 10:00 am
Free Social Member/$10 Non-Member
Register by 12:00 pm on September 23

Mindful Self-Compassion R G

Support you in learning how to be good to yourself with the same kindness and understanding that you treat others when they suffer. Program facilitated by Paula Smith, a steering committee member of Compassionate Rochester, MN, a school psychologist and a certified Dynamic Mindfulness Trainer through Niroga Institute. This program is offered on Zoom only.

Tuesday Sept. 22, 29, Oct 6, 13
11 am-12 pm
$20 Social Member/$30 Non-Member
Register by 12 pm on Monday, Sept 21

Falls Prevention Awareness Day G

A morning dedicated to learning about personal safety and strategies to improve mobility.. Outdoors event, open to the public. **Tuesday Sept 22, 10am**

Monday Movie Matinee S

Every Monday in September the matinee series will feature musicals, with a variety of titles. The list of titles is available at the Membership Services Desk, and will include new releases.

Mondays 12:00 pm
Free social Member/$10 Non-Member

Music Jam Session S

Members with (or without) musical talent are welcome to play or listen among other members jamming together every Wednesday at 2pm.

Wednesdays 2-4pm
Free Social Member / $10 Non-Member

Friday Socials for ALL Members S F

Fridays throughout September will feature outdoor musical performances from local musicians including *The Preserves* and Jeani Driscoll many more member favorites. Concerts are hosted in the lower level parking lot. Remember to bring a chair and your membership card.

Fridays 10am
Free For All 125 LIVE Members

3rd Times a Charm Breakfast R S F

Members scanning in twelve times between September 1st– 25th are eligible for free.

Friday, September 25, 8am-9am
Free for third timers / $5 Member fee
Contact Membership Services for eligibility
Register by 12 pm Sept. 24

September Events

Nutrition

Keto Desserts

125 LIVE Executive Director, Sylwia Bujak-Oliver leads a class to make Keto desserts. This class will prove that with a few low-carb ingredients, you can satisfy just about every sugar craving possible. Cake, cookies, pies, ice cream and muffins aren't off limits anymore. Learn how to make these Keto desserts, so it tastes like a cheat. Pre-registration is required.

Friday September 11
11:00 am—12:00pm
$10 per class social member/$15 per class non-members
Register 24 hours before each class

Superfoods Quick Class with Natural Grocers: Apple Cider Vinegar R S F

Discover how to use apple cider vinegar to support blood sugar regulation, healthy body weight, heart health and more. Offered on Zoom only.

Wednesday, Sept. 16 10:30-11:00
Free for members/$10 non member
Register by 12pm Sept. 15

Arts & Education

125 LIVE Art Reception G

Join artists, Rick Swanson, Becky Schlegel, Michael Anderson, Janet Swanson, and Sheila Perry, who currently have artwork on display at 125 LIVE and learn about their artwork. Artists will be available to lead small tours showcasing their artwork during this reception. Amanda Jay will be performing from 6-7pm and 125 Live and Forager Brewery will provide complimentary refreshments. This outdoor reception will take place on the 125 LIVE patio.

Pre-registration is required.
Monday Sept 21, 5:30-7pm

Fall Scene R G S

Acrylic paint-along class of an autumn scene on an 8" x 10" canvas. For all skill levels.

Tuesday, September 29 1:00-2:30 pm
All materials provided.
$33 Social Member $50 Non-Social Member
Register by 12 pm September 28
Min: 4 Max: 6 Sessions: 1

Introduction to Clay R G S

Various hand building, wheel throwing and glazing techniques will be covered. No prior experience is required. Offered in partnership with Rochester Community Education.

Thursdays: Sept 24-Nov. 12 6-8pm
Artist: Angela Krueger
Materials included
$150 Social Member/$225 Non-Member
Register by: 12pm Sept. 15

Beyond Basic Wheel Throwing R S

Focus on honing techniques of throwing on the potter's wheel. Prior experience is required.

Saturday, Sept. 19 & 26 9:30am-Noon
Artist: Katie Cossette
Materials included
$75 Social Member/$125 Non-Member
Register by 12pm September 16

Beginning Wheel Throwing R G S

Basic throwing techniques, wedging and centering. Learn how to throw a cup or bowl, attach a handle and learn about the glazing firing process. No prior experience is required. Offered in partnership with Rochester Community Education.

Mondays: Sept 21-Nov. 9 6-8 pm
Artist: Angela Krueger
$150 Social Member/$225 Non-Member
Materials: Included
Register by: 12pm September 15

Ceramics Painting R S

Paint and personalize a ceramic pottery piece. Items will be fired at a later date and participants will be notified when to pick up their items.

Instructor: Anna Glenski-Kjose

$20 Social Member/$30 Non-member
Supplies included, Register one business day prior to class
Min: 3 / Max: 5
Monday Sept. 14, 11am "Soup Bowl"
Friday Sept. 18, 10am "Your Choice"
Registration Required

Walk With Ease Arthritis Program G R

Six-week program with three sessions per week, featuring organized walking and exercise to help ease the pain and stiffness associated with arthritis. This is an evidence-based program that is being sponsored by the Minnesota Department of Health.

Mon, Wed, & Fri
Sept. 14– Oct 23 10am
May also be done independently
$15 Book Deposit refunded after the program

Outdoor Operations Update & Dinner R

Outdoor dinner along with a presentation of the 2020 Operations Update. This presentation will cover operating details during the past year including budgets, membership numbers, performance evaluation for 2020, and will share goals for 2021. Registration includes dinner and the presentation. Upon registration, you may select to view the event remotely, but unfortunately we will not be providing meal delivery. Cash Wine Bar will be available.

Wednesday September 16, 5pm
Registration required
$20 Member fee / $25 Non-Member fee

October Events

Educational & Informative

One Topic, One Hour: Ask the Pharmacist R S

In this interactive session, you'll have the opportunity to skip the long pharmacy lines and go right to the source for medication, supplement and lifestyle answers to help manage chronic disease.
Presented by Jeremy R. Anderson, PharmD, BCACP. Sponsored by Visiting Angels. Zoom
Monday October 5, 10:00-11:00 am.
Registration Required

Superfoods Quick Class with Natural Grocers: The Buzz Behind Bone Broth R S F

Maybe you've heard of bone broth, or have seen some of the latest collagen supplements at the health food store. You may have even tried some of these trendy products without knowing what makes them so great. Find out why these products have become so popular, what they are, and how to use them to support optimal health. Offered on Zoom only.
Wednesday, October 21 10:30-11:30 am
Registration required by Oct. 20 12pm

Outsmart the Scammers R G

We'll discuss how to spot certain red flags that may indicate a fraudulent encounter. We'll share resources an individual can turn to in the event they or a loved one is targeted. Also, steps you can take to protect yourself and loved ones.
Presenter: Kevin Wadley with Edward Jones
Thursday, October 15 10am-11am
Free and Open to the Public
Registration requested by 12 pm Oct. 14

Information

Medicare Questions: Senior Health Insurance R G

Join Bill & Molly Pudwell as they cover Medicare parts A, B, C and D, the important differences between Medical Advantage Plans and Medical Supplement (Medigap plans), how specific plans differ from company to company, and prescription drug plans, tiers and co-pays
Leave with the knowledge needed to enroll in a plan that serves you best.
Tuesday, October 20, 10 – 11 am
Free to the public
Registration requested by 12pm Oct 19

Mapping out Long-Term Independence R G

What does it take to live independently for as long as possible? A presentation and discussion about strategies and topics ranging from exercise to interior design of your home and how everyone can identify what independence means to them and how they can maintain it for as long as possible. Program is being presented by Ken Baerg 125 LIVE Director of Operations.
Thursday Oct. 15, 1pm
Free and open to the Public
Registration requested by 12pm Oct. 14

Arts & Activities

Ceramics Painting R S

Paint and personalize a ceramic pottery piece with instructor Anna Glenski-Kjose. Items will be fired at a later date and participants will be notified when to pick up their items.

Monday Oct. 5, 11am Coffee Mug
Register by 12pm on Friday, Oct. 2

Friday Oct. 9, 10am Select Your Own
Register by 12pm on Thursday, Oct. 8

Asian Brush Art R S

This ancient Asian art form expresses our inspiration through breathing techniques with animal hair brushes using black ink to paint. The brush stroke will calm your mind and take you to a peaceful feeling. This class is available to all abilities and levels.
Mondays, October 5, 12, 19 and 26
2-4 pm
Artist: Catherine Park
Materials: $26
$60 Social Member / $90 Non-Member
Register by 2:00 pm Oct. 1
Min: 3 Max: 6
Sessions: 4

Harvest Still Life R S

Join this watercolor class! We will be water coloring on Arches watercolor paper for a stunning harvest still life painting.
Thursday October 1, 1-2:30 pm
Materials provided.
$33 Social Member / $50 Non-Member
Register by 12 pm September 30
Min: 4 Max: 6

3rd Times a Charm Fall Festival R S F

Members who scan in twelve times between Oct. 1 and Oct 29 are eligible for a free admission to attend this event. Fall inspired dessert and coffee will be served along with music and games.
Friday, October 30, 5pm
Free for third timers / $5 for Members.
Check Membership Services to qualify
Registration Required

International Coffee Day S F

Explore coffee multiple ways as we celebrate International Coffee Day at 125 LIVE. Lattes and much more will be served at the coffee bar.
Thursday October 1, 9-10am
Free for ALL 125 LIVE Members

October Fitness & Wellness

Educational & Informative

Fitness in the Park G

Offered by 125 LIVE through a partnership with RNeighbors and the Rochester Department of Recreation, fitness classes are being hosted by 125 LIVE's amazing group fitness staff at parks all over Rochester. Join us with some friends.

Soldier's Field Park 10/1 6:00 pm
Free and open to the public

Workout with the 125 LIVE Trainers F R

Have you ever thoughtof personal training but weren't sure what it would be like or which trainer would fit your needs? Each week will feature a different 125 LIVE trainer creating (two different group personal training workouts) throughout their week. One session a bit more traditional and the other a bit outside of the ordinary.

Jen: Sept 28-Oct 3, Mon 11am & Weds 5pm
Jake: Oct 5-10, Tue 11am & Thurs 11am
Kevin: Oct 12-17, Tue 9am & Thurs 11am
Ken: Oct 19-21, Mon 6am & Wed 6am

R-Spotlight G R

An educational collaboration between 125 LIVE, KSMQ TV and the Rochester Chamber of Commerce. Every other Wednesday subject specialist will present expert insight into their fields. Event will be presented live, via Zoom, Facebook, and Public Television.

October 14 & 28, 10am
Registration required

Information

Adult FA/CPR/AED Blended Learning

These classes are offered in a blended learning format where the participant must complete some course work online in addition to attending an in person classroom session.

Sat Oct 10, 1:30-3:30pm
$95 Member / $105 Non-member
Registration required

Pierogi Day with Sylwia S F R

Learn the steps to creating this delicious dish with 125 LIVE's Pierogi expert Sylwia. Lesson begins at 5pm with the pierogi served at 6pm.

Thursday Oct 8, 5pm
Registration Required
$10 Member fee / $20 Non-Member fee

Happy Apple Day S F R

Join us at a local private orchard in Rochester for some apple picking fun.

Wednesday Oct 21, 4pm
Free for ALL Members
Registration Required

Trunk Or Treat F S R

Celebrating Halloween by combining treat sharing with the spirit of competition. Registered members are invited to decorate their trunk/tailgating space for the chance to win a free 6-month membership to 125 LIVE! Bring your decorations and candy for a great time interacting with costumed Trick or Treaters (with safety measures in place to provide the best experience possible)
Saturday Oct 31, 1-3pm (candy handed out, registered members may arrive early to set-up).

Drive-in movie after dark.
Free for all Members Event / Event open to the community
MORE DETAILS TO COME!

Oktoberfest G

A celebration of our community and our partners throughout the area with beer, sausage and sour kraut. Safely interact at our outdoor festival with food, entertainment and enrichment opportunities. Live music by True North.

True North

Photo courtesy of Kate Klaus Photography

125 LIVE Castle Quilters S

A group of dedicated sewers working together to create one of a kind quilts and handmade donations for local groups in our community.
Every Monday & 1st & 3rd Friday
Check calendar for times
Free Social Member / $10 Non-Member

Wood Carvers S

Sculpt miniature creations out of a wood medium. Bring your tools and raw materials then sit with friends and create.
Every Tuesday
9:00 am – 12:00 pm
Free Social Member / $10 Non-Member

September 2020

125 LIVE

Updated 8/27/20 v.1

Social Activities Calendar

Registration Required. Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9am Woodcarving 1 pm Yahtzee on Zoom 1:30pm Table Tennis	2 10am Beading Bunch	3 *1 pm Grief Support* 1:30 pm Table Tennis	4 8 am Castle Quilters 1st Friday Work Day **9:30 am Tech Support on Zoom*** 10 am The Preserves outdoor concert 11 am Knitting 8:00 pm Outdoor Movie *	5
6	7 **125 LIVE IS CLOSED FOR THE LABOR DAY HOLIDAY.**	8 9am Woodcarving 1pm Yahtzee on Zoom 1:30pm Table Tennis	9 10am Beading Bunch *12:30 pm Card Making and Scrapbooking* ***2 pm Genealogy Club LIVE and Zoom***	10 1:30pm Table Tennis **2 pm Coffee & Cameras on Zoom**	11 **9:30 am Tech Support on Zoom*** 10 am outdoor concert 11 am Knitting **11 am Keto Desserts*** 1:30pm Art with Friends	12
13	14 8am Castle Quilters **10am 1 Topic-1 Hour on Zoom** 12 pm Movie **1 pm Yahtzee on Zoom** **2:30-4:30 pm Tech Support on Zoom**	15 9am Woodcarving 1 pm Yahtzee on Zoom 1:30pm Table Tennis	16 10am Beading Bunch **10:30 am Super-foods Quick Class with Natural Grocers on Zoom*** ***2 pm Adobe Round Table on Zoom***	17 *1 pm Grief Support* 1:30pm Table Tennis	18 8 am Castle Quilters **9:30 am Tech Support on Zoom*** 10 am The Preserves outdoor concert **10 am Ceramics Painting*** 11 am Knitting	19 **9:30 am Beyond Basic Wheel Throwing Class***
20	21 8am Castle Quilters **10am 1 Topic-1 Hour on Zoom** 12 pm Movie **1 pm Yahtzee on Zoom** **2:30-4:30 pm Tech Support on Zoom** 5:30 pm Art Reception* **6 pm Begin Wheel Throwing***	22 9am Woodcarving **11 am Mindful Self Compassion* Zoom** 1 pm Yahtzee on Zoom 1:30pm Table Tennis	23 10am Beading Bunch	24 1:30 pm Table Tennis **2 pm Coffee & Cameras on Zoom** **6 pm Intro to Clay***	25 **9:30 am Tech Support on Zoom *** 10 am outdoor concert ***10 am Director's Town Hall Live and Zoom*** 11 am Knitting 1:30pm Art with Friends	26 **9:30 am Beyond Basic Wheel Throwing Class***
27	28 8am Castle Quilters **10am 1 Topic-1 Hour on Zoom** 12 pm Movie **1 pm Yahtzee on Zoom** **2:30-4:30 pm Tech Support on Zoom** **6 pm Begin Wheel**	29 9am Woodcarving **11 am Mindful Self Compassion* Zoom** 1 pm Yahtzee on Zoom 1:30pm Table Tennis	30 10am Beading Bunch	31 1:30 pm Table Tennis **6 pm Intro to Clay***	**September Social Hours:** Monday-Friday: 5:30 am—8:00 pm Saturday: 6 am—6 pm Sunday: 10 a m—4 pm	**Social Hours:** The building closes at the listed times. Please exit the building by closing time.

October Social Calendar

OCTOBER 2020

125 LIVE

Updated 8/27/2020

Social Activities Calendar

Registration Required. Activities subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October Social Hours: Monday-Friday: 5:30 am—8:00 pm Saturday: 6 am—6 pm	**Social Hours:** The building closes at the listed times. Please exit the building by closing time.			1 1 pm Grief Support **1 pm Fall Scene Painting*** 1:30 pm Table Tennis **6 pm Intro to Clay***	2 8 am Castle Quilters 1st Friday Work Day **9:30-11:30 am Tech Support on Zoom** 11 am Knitting	3
4	5 8am Castle Quilters **10am 1 Topic-1 Hour Medicare Options on Zoom*** **11 am Ceramics Painting*** 12 pm Movie **2 pm Asian Brush Art*** **1 pm Yahtzee onZoom** **2:30-4:30 pm Tech Support on Zoom*** **6 pm Begin Wheel***	6 9am Woodcarving **11 am Mindful Self-Compassion Series on Zoom*** **1 pm Yahtzee on Zoom** 1:30pm Table Tennis	7 10am Beading Bunch 12:30 pm Card Making and Scrapbooking	8 1:30pm Table Tennis **2 pm Coffee & Cameras on Zoom** **6 pm Intro to Clay***	9 **9:30-11:30 am Tech Support on Zoom** **10 am Ceramics Painting Class*** 11 am Knitting 1:30pm Art with Friends	10
11	12 8am Castle Quilters **10am 1 Topic-1 Hour on Zoom*** 12 pm Movie **1 pm Yahtzee of Zoom** **2 pm Asian Brush Art***2:30-4:30 pm Tech Support on Zoom*** **6pm Begin Wheel***	13 9am Woodcarving **11 am Mindful Self-Compassion Series on Zoom*** **1 pm Yahtzee on Zoom** 1:30pm Table Tennis	14 10am Beading Bunch **2 pm Genealogy Club LIVE and Zoom**	15 **10 am Outsmart the Scammers*** 1 pm Grief Support 1:30pm Table Tennis **6 pm Intro to Clay***	16 8 am Castle Quilters 3rd Friday Workday **9:30-11:30 am Tech Support on Zoom** 11 am Knitting 1:30pm Art with Friends	17
18	198am Castle Quilters **10am 1 Topic-1 Hour on Zoom*** 12 pm Movie **1 pm Yahtzee of Zoom** **2 pm Asian Brush Art*** **2:30-4:30 pm Tech Support on Zoom*** **6 pm Begin Wheel***	20 9am Woodcarving **10 am Medicare Questions Senior Health Insurance*** **1 pm Yahtzee on Zoom** 1:30pm Table Tennis	21 10am Beading Bunch **10:30 am Superfoods Quick Class with Natural Grocers* ZOOM** **2 pm Adobe Round Table on Zoom**	22 1:30 pm Table Tennis **2 pm Coffee & Cameras on Zoom** **6 pm Intro to Clay***	23 **9:30-11:30 am Tech Support on Zoom** ***10 am Director's Town Hall Live and Zoom*** 11 am Knitting 1:30pm Art with Friends	24
25	26 8am Castle Quilters **10am 1 Topic-1 Hour on Zoom*** 12 pm Movie **1 pm Yahtzee of Zoom** **2 pm Asian Brush Art*** **2:30-4:30 pm Tech Support on Zoom*** **6 pm Begin Wheel***	27 9am Woodcarving **1 pm Yahtzee on Zoom** 1:30pm Table Tennis	28 10 am Beading Bunch	29 1:30 pm Table Tennis **6 pm Intro to Clay***	30	31

R Registration Required
G General Public
F Fitness Members
S Social Members

Express Boxing Circuit

Express Boxing Circuit F
Timed fitness circuit open to 125 LIVE Fitness members and offered throughout the day, providing a fast workout at the intensity that works best for your fitness level. The circuit is available along with private/group Personal Training services to help you get the most out of your experience. Stop in anytime for the open studio time to glove up and workout.
Boxing gloves required
(available for purchase at 125 LIVE)
Boxing Circuit Orientation is encouraged and is offered by appointment, Schedule an orientation at 507-424-6408.

Rock Steady Boxing Saturday R F
Exercises largely adapted from boxing drills, conditioning for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. With RSB at 125 LIVE, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.
Registration Required

Butler's Boxing Fitness F R
Rochester's own Raphael Butler is sharing the amazing wellness benefits of boxing conditioning at 125 LIVE. Varied intensity boxing fitness program with strike training with cardiovascular and strength conditioning.
Wednesdays 6pm-7pm
Free Fitness Member/ $40 Non-Member
Min 4 / Max 18
Registration Required

Rock Steady Boxing Weekday R F
Exercises largely adapted from boxing drills, conditioning for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents.
Monday, Wednesday & Friday 3pm
Free Fitness Member
Min 4 / Max 12
Registration Required

Rock Steady Boxing Evenings R F
Exercises largely adapted from boxing drills, conditioning for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. With RSB at 125 LIVE, Parkinson's disease is the opponent. Exercises vary in purpose and form but share one common trait: they are rigorous and intended to extend the perceived capabilities of the participant.
Tuesdays & Thursdays 6pm-7pm
Free Fitness Member
Min 4 / Max 12

Cardio-Boxing with Sylwia R F
60-minute entire body workout that will make you sweat, challenge you, and help you knockout stress. Class contains three primary parts: strength & cardio conditioning, boxing, core & stretch.
Mondays 6pm-7pm
Free Fitness Member
Min 4 / Max 18
Registration Required

Boxing Gloves and Hand Wraps are required for all boxing programs (including the Independent Circuit) Gloves and wraps are available for sale at Membership Services

Medical Wellness Suite / Studio #3 Sept & Oct

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:30am Independent Circuit	5:30-8:45am Independent Circuit	5:30-9:30am Independent Circuit	5:30-8:45am Independent Circuit	5:30-9:30am Independent Circuit	6-10am Independent Circuit	10am-4pm Open Circuit
	9-9:45am Chair Yoga Sunny	9-9:45am Stretch & Tone Joyce	9-9:45am Chair Yoga Sunny			
10-10:45am PWR Fred		10-10:45am PWR Fred		10-10:45am PWR Fred	10-10:45am Rocksteady Boxing Raphael	
11-2:45pm Independent Circuit	10am-5:15pm Independent Circuit	11-2:45pm Independent Circuit	10am-5:15pm Independent Circuit	11-7:45pm Independent Circuit	11-5:30pm Independent Circuit	
3-3:45am Rocksteady Boxing Ken		3-3:45am Rocksteady Boxing Ken				
4-5:45pm Independent Circuit		4-5:15pm Open				
	5:30-6:15pm Boxing 101 Raphael	5:30-6pm Kettlebells Sylwia	5:30-6:15pm Rocksteady Boxing Raphael			
6-7pm CardioBoxing Sylwia		6-7pm Boxing Fit Raphael				
	6:30-7:45pm Independent Circuit		6:30-7:45pm Independent Circuit			

Boxing Circuit Orientations, and Personal Training in the Medical Wellness Suite / Boxing Studio are by appointment only.
Contact 125 LIVE at 507-424-6408 kenb@125livemn.org to schedule your session.

Medical Wellness Schedule

(507) 287-1404

Sept/Oct Group Fitness Schedule 2020

Monday

Time	Class	Location	Trainer
7-7:45am	Fitness Barre	Upper Lot	Katy
7-7:45am	Aqua Strengt	Pool	Jose
8-8:45am	Zumba	Lower Lot	Mirna
8-8:45am	Yoga	Studio 1	Sunny
9-9:45am	HeartStrong	Studio 1	Fred
9-9:45am	Aqua Yoga	Pool	Sunny
9-9:45am	Cardio Drum	Lower Lot	Mirna
10-10:45am	PWR	Boxing Studi	Fred
10-10:45am	Cardio Drum	Studio 1	Mirna
11-11:45am	Aqua Zumba	Pool	Mirna
3-3.45pm	RockSteady Bo	Boxing Studi	Ken
4:30-5:30pm	Urban Yoga	Studio 1	Corinne
5-6pm	Cycle	Cycle Studi	Brent
5:30-6:30pm	Strong Natio	Studio 1	Megan
6-7pm	CardioBoxing	Boxing Studi	Sylwia

Tuesday

Time	Class	Location	Trainer
7-7:45am	Strength	Lower Lot	Jose
7-7:45am	Aqua Zumba	Pool	Jessica
8-8:45am	Zumba Gold	Lower Lot	Kim
8-8:45am	Vinyasa Yoga	Studio 1	Sunny
9-9:45am	Chair Yoga	Boxing Studi	Sunny
9-9:45am	Strength 101	Studio 1	Olga
9-9:45am	CardioDrum	Lower Lot	Mirna
10-10:45am	Line Dancing	Lower Lot	Rhoda
10-10:45am	Cardio Drum	Studio 1	Mirna
10-11am	Bike with Mike	City Trails	Mike Wojcik
4:30-5:30pm	Tai Chi	Upper Lot	Patrick
5-5:45pm	Yoga	Upper Lot	Max
5:30--6:15pm	Boxing 101	Boxing Studio	Raphael
5:30-6pm	Strength	Lower Lot	Katie
6-6:45pm	Cardio Drumming	Lower Lot	Katie

Wednesday

Time	Class	Location	Trainer
7-7:45am	Fitness Barre	Upper Lot	Katy
7-7:45am	Aqua Aerobics	Pool	Jose
8-8:45am	Zumba	Lower Lot	Mirna
8-8:45am	Yoga	Studio 1	Max
9-9:45am	HeartStrong	Studio 1	Fred
9-9:45am	Cardio Drum	Lower Lot	Mirna
9-9:45am	Stretch & Tone	Boxing Studio	Joyce
10-10:45am	CardioDrum	Studio 1	Mirna
10-10:45am	PWR	Boxing Studio	Fred
12-12:45pm	Aqua Fit	Pool	Avin
1.30-2.30pm	Dance Party	Studio 1	Avin
5-5:45p	Urban Yin Yoga	Upper Lot	Joyce
5:30-6pm	Kettlebells	Boxing Studio	Sylwia
6-7pm	Zumba	Upper Lot	Mirna
6-7p	Boxing Fit	Boxing Studio	Raphael
6-6:30p	90's Rave Cycle	Studio 2	Sylwia

Thursday

Time	Class	Location	Trainer
7-7:45am	Strength	Lower Lot	Jose
7-7:45am	Aqua Yoga	Pool	Sunny
8-8:45am	Zumba Gold	Lower Lot	Kim
8-8:45am	Vinyasa Yoga	Studio 1	Sunny
9-9:45am	Chair Yoga	Boxing Studi	Sunny
9-9:45am	Strength 101	Studio 1	Olga
9-9:45am	CardioDrum	Lower Lot	Mirna
10-10:45am	Line Dancing	Lower Lot	Rhoda
10-10:45am	Cardio Drum	Studio 1	Mirna
11-11:45am	Functional Stren	Pool	Mirna
5:30-	Rock Steady Bo	Boxing Studi	Raphael
5-5:45	Cycle HiiT	Cycle Studio	Brent
5:30-	Strong Natio	Lower Lot	Jessica
6-7pm	Power Tone	Studio 1	Brent

Friday

Time	Class	Location	Trainer
7-7:45am	Fitness Barre	Upper Lot	Katy
8-8:45am	Zumba	Lower Lot	Mirna
8-8:45am	Yoga	Upper Lot	Max
9-9:45am	Cardio Drum	Lower Lot	Mirna
9-9:45am	HeartStrong	Studio 1	Fred
10-10:45am	Cardio Drum	Studio 1	Mirna
10-10:45am	PWR	Boxing Studi	Fred
11:45-12:30pm	Aqua Zumba	Pool	Mirna
3-3.45pm	RockSteady Boxing	Boxing Studi	Ken
6-6:45 pm	Aqua HiiT	Pool	Brent

All outdoor classes will be held indoors during inclement weather. Check in at the front desk for location details.

Saturday

Time	Class	Location	Trainer
8-8:45am	Yoga	Studio 1	Rotation
9-9:45am	Zumba	Lower Lot	Rotation
9-9:45am	Strength	Studio 1	Brent
10-10:45am	Rock Steady Boxi	Boxing Studio	Raphael
10-10:45am	Aqua Fit	Pool	Brent

Due to COVID-19 preparedness protocols, all boxers must bring their own gloves. All CardioDrummers must use their own sticks. Sticks are available at Member Services Desk for purchase. Zoom starts at 8am M-F and continues until 10:45. Join in for 8, 9, or 10am class

Join A Zoom Meeting

https://zoom.us/join

8 AM Class Link Here:

For members only

884 1696 3206 Password: 125

Enter meeting id and password

Pool Schedules

Pool Schedule September & October

125 LIVE CENTER FOR ACTIVE ADULTS

Pool schedule subject to change. Warm Water Pool Swim at your own risk. 8/25/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:45 Open Pool	5:30-6:45 Open Swim	5:30-6:45am Open Pool	5:30-7am Open Pool	5:30-8:45am Open Pool	7-9:45am Open Pool	10AM-2:45PM Open Pool
7-7:45am Aqua Strength Jose	7-7:45am Aqua Zumba Jessica	7-7:45am Aqua Aerobics Jose	7-7:45am Aqua Yoga Sunny	9-9:45am Volleyball	10-10:45am Aqua Fit Brent	
7:45-11am Open Pool	7:45-9:45 Open Pool	7:45-10:15 Open Pool	7:45-11am Open Pool	9:45-10:30 Open Pool		
	9:45-10:45am POOL CLOSED Rec Center Activity	10:15-11:45am POOL CLOSED Rec Center Activity		10:30 11:30am POOL CLOSED Rec Center Activity	11-12pm Volleyball	
11-11:45am Aqua Zumba Mirna	11-11:45am Volleyball	12-12:45pm Aqua Fit Avin	11-11:45am Functional Strength Mirna	11:45-12:30pm Aqua Zumba Mirna	12-5:45pm Open Pool	
11:45-3:45pm Open Pool	11:45-3:45pm Open Pool	12:45-3:45pm Open Pool	1:30-2:30pm POOL CLOSED Rec Center Activity	12-5:45pm Open Pool		
			2:30pm-3:45pm Open Pool			
The Rochester Recreation Center part of the Rochester Department of Parks and Recreation supervises all scheduling and maintenance in the pools.				6-6:45pm Aqua HiiT Brent		
				7-7:45pm Open Pool		

Everyone must follow the instructions of 125 LIVE and Rec Center Staff, and follow the pool schedule and rules.

All participants are required to be out of the Pool, Locker Room and entire Facility prior to closing.

50-Meter Lap Pool: No one may occupy the 50-Meter Pool without a Monitor/Life Guard present **Shallow Lanes ONLY**

Monday	Tuesday	Wednesday	Thursday	Friday	
7-9am 50-Meter Pool Lap Swim	7-9am 50-Meter Pool Lap Swim	7-9am 50-Meter Pool Lap Swim	7-9am 50-Meter Pool Lap Swim	7-9am 50-Meter Pool Lap Swim	A pool monitor or life guard is required for 50-meter pool access, 125 LIVE is providing a montior to be onsite, please refrain from entering the water if the monitor isn't present.

Members are encouraged to reserve their spot daily in the pool by calling 507-287-1404, drop-ins are welcome in the pool only if the pool is under the maximum capacity of 20 people.

(The Stay Safe MN Executive Order maximum pool capacity for the warm water pool is approximately 84 people, 50% the Fire Code Maximum Capcity of 168 people. 125 LIVE's maximum of 20 is related to the safety of our members)

125 LIVE supporting and serving our Community

Volunteer Income Tax Assistance/Tax Counseling for the Elderly (VITA/TCE) G

VITA/TCE offers tax preparation services in the Rochester area and helps over 3,000 low and moderate income and elderly taxpayers. The program is offered through the efforts of over 80 volunteers in the area. The assistance to taxpayers cannot be offered without volunteers. Please consider volunteering for this program. Roles include scheduling interviews, helping clients organize their data, and preparing and reviewing tax returns. You DO NOT need to be an accountant or financial guru. Training occurs in November and December. Please consider volunteering. It does make a deiiference for others and is fun besides. Contact *RochesterTaxVolunteers@gmail.com*

Service made possible through a grant provided by the State of Minnesota.

Volunteering at 125 LIVE

With volunteer opportunities ranging from classes to courtesy desk to special events and game leaders 125 LIVE has valuable positions for volunteers that are essential to our mission. Volunteers operate our Library and Technology Learning Center. For information about volunteering at 125 LIVE contact us at info@125livemn.org

507-287-1404

Supported Grant Memberships

125 LIVE is dedicated to ensuring that adults in our community have access to the great programs at 125 LIVE. To fulfill our mission 125 LIVE operates a “sliding fee scale” membership for adults over the age of 50 years. This scale is based on yearly income and can assist those that qualify* with membership as low as $5/month.

Contact Membership Services to learn more about membership assistance.
507-287-1404

**Qualification is determined through confidential review of recent tax documents and/or additional materials requested at the time of applying*

Veteran’s Supported Membership

125 LIVE through partnership grants in the past year are proud to provide discounts on memberships to veterans, active duty service members and their partners.

Contact Membership Services to learn more about the Veteran’s membership.
507-287-1404

Virtual Outreach G

Partnership between 125 LIVE and Elder Network to reach out via ZOOM and phone calls to local seniors in need of socialization. If you are interested in helping our community please contact 125 LIVE

Wednesdays from 11am to 2pm
info@125livemn.org
Meeting ID: 834 7324 0557
Pass: 12345