

THE VIEW from VINE

JUNE 2022

COVID UPDATE

We continue to follow the CDC guidelines and only require masks in our building when Blue Earth County is in the "high" level of COVID transmission rate.

MEMBERSHIP LEVELS

To access some programs, a certain membership level is required. Call (507) 387-1666 with any questions.

SUPPORTING



- Educational Programs
- Social Groups

BASIC



Supporting plus:

- Walking Track
- Billiards Room

PREMIUM



Supporting & Basic plus:

- Fitness Center
- Pool
- Exercise Classes

The VINE Adult Community Center is open
Monday & Wednesday:
7 am - 6:30 pm
Tuesday, Thursday & Friday:
7 am - 5 pm
Saturday: 8 am - 12 pm



GETTING OUTSIDE

The sun is shining, the birds are chirping and the temperatures are rising. It is finally beginning to feel like spring is in the air. Before we know it, we will be celebrating the longest day of the year and welcoming summer.

June in Minnesota is a great time to get outdoors. The temperatures tend to be mild and bugs can be minimal. It has been scientifically proven that being outdoors boosts your energy, is good for your vision and helps your body fight off infections. Natural sunlight helps mitigate pain and provides you with a daily dose of Vitamin D.

To take advantage of the summer weather, we will be holding some VINE programs outside this month. Paddle Mills Lake, play Pickleball, visit a horse ranch, tour the new CityArt sculptures, test ride an ebike, or join us for two historic Mankato walking tours. These opportunities allow participants to enjoy the outdoors while learning something new.

Exercising outside, sometimes called green exercise, improves both your physical and mental health. Outdoor exercise comes in many forms. Light gardening, yard work, hiking and biking are just some ways to be active. On Saturday, June 18, we will have some outdoor exercise classes including a HIIT (High-Intensity Interval Training) group walk and yoga.

Another Tai Chi for Health series will begin June 21 at Wheeler Park on Tuesday and Thursday mornings. You can also join the VINE Trekking group every Thursday at 10 am for an hour-long hike at a different park or trail in the area.

If you are looking for an outdoor volunteer opportunity, consider adopting a lawn this summer. Volunteers will be matched with a yard near their home and will mow approximately every 10 days, depending on grass conditions. This is a great way to help a neighbor while enjoying the weather.

Baseball has been nicknamed "America's Pastime". Join us Monday, June 6, as the Mankato MoonDogs take on the St. Cloud Rox at ISG Field. VINE is selling tickets for \$14 which include a meal.

We hope to see you outside this month!



VINE SERVICES

VINE'S LIVE WELL AT HOME SERVICES

VINE's services extend into the community wherever people in Blue Earth, Nicollet and Le Sueur counties are living in their own homes and have needs for:

- rides to medical appointments (60+ & 3 business days' notice)
- meals delivered to your home (Mankato, North Mankato, Eagle Lake)
- friendly visits for support
- lawn mowing, gutter cleaning, raking
- taking care of yourself as you care for others
- mental health care (65+)
- support for non-English speaking immigrants (60+)

For more information, contact one of our Community Living Coaches at (507) 387-1666.

GET YOUR DUCKS IN A ROW

Have you been meaning to start gathering significant personal information, but not sure where to start? Getting all this information in one place can be a blessing to your loved ones after you die.

VINE can help! For \$12, you can purchase a guidebook that will take you step-by-step through the information you should gather and it will provide your loved ones a single place to find everything. Give yourself and your family a sense of security and peace of mind.

To purchase a guidebook, call VINE at (507) 387-1666 and one will be set aside for you to pick up.

ADOPT-A-LAWN

We are still looking for individuals interested in adopting the lawn of an older adult for the summer mowing season. Volunteers will be matched with a yard near their home and will mow approximately every 10 days, depending on grass conditions. If you don't have a mower but would like to help, you can volunteer to accompany VINE staff as they go out mowing.

For more information call Adam at (507) 386-5574.



MENTAL HEALTH CARE

As the weather continues to improve, you may notice most people's moods do too. If you or someone you know is struggling to find joy, contact VINE.

PEARLS is an evidence-based program for those 65+ experiencing late-life depression. Working with a PEARLS Coach, individuals create personalized problem-solving plans. Coaches also guide participants through individualized life enrichment activities.

This program is available at no cost to participants and consists of 6-8 sessions over several months. Meetings can take place at VINE, virtually or at the individual's home.

Visit vinevolunteers.org or contact Glenda at (507) 386-5571 or glendab@vinevolunteers.org to learn more and see if you qualify.



STAFF TRANSITIONS

Please join us in saying goodbye to VINE's Health & Wellness Manager, Katie Simon, as she embarks on a new career in speech therapy. Thankfully, Katie will be sticking around for a little while to teach Zumba at VINE.

We also congratulate, Jen Wunderlich and Lisa Johnson for their promotions. Jen is now VINE's Health and Fitness Center Manager and Lisa is VINE's Exercise and Wellness Manager.

If you see these ladies, please wish them well in their new endeavors.

NOW HIRING DRIVERS

VINE's Door2Door program and our public transportation program, TRUE Transit, are hiring part-time drivers.

Door2Door

Drive passengers to appointments using VINE's minivan or transit van Monday – Friday afternoons. Valid MN driver's license and criminal background check required.

TRUE Transit

Transport riders around Blue Earth, Nicollet and Le Sueur Counties. Applicants must have a valid MN commercial driver's license with passenger endorsement and pass a criminal background check, a motor vehicle check and drug test. Learn more at truetransit.org.

CAREGIVER SUPPORT GROUPS

Caregiving can be difficult and isolating. Gain insights and encouragement from others. Registration is required.

- First Tuesday of the month
June 7, 2:30 – 4 pm
St. Teresa Catholic Church, Mapleton
Call Joyce at (507) 386-5583 to register.

- Wednesdays, June 8 & 22
1:30 – 3 pm
VINE Adult Community Center
Call Mary at (507) 386-5577 to register.

LGBT+ CAREGIVERS

- Tuesday, June 14
4 – 5 pm
Call Joyce at (507) 386-5583 to register.



WILDFLOWERS COMING SOON

Approximately 5,200 sq. ft. of standard lawn at VINE will be converted to native prairie grasses and wildflowers this summer. The grasses will grow 1-3 ft. tall and cover the upper portion of the hillside. There will be 800 wildflowers and erosion control shortgrass planted along the wall. Wildflowers will be arranged to bloom throughout the entire season in a variety of colors.

CARING CONNECTION

Maria and José Menjivar moved to Mankato from El Salvador in 2002. However, their history in Mankato began in 1990 when their son-in-law, José Alonzo, left his parents, wife and son in El Salvador to discover a new life for his family in the United States. School Sisters of Notre Dame (SSND) welcomed José Alonzo to their home at Good Counsel where he lived and worked with the Sisters for two years. The Sisters also taught English to José.

In 1992 José’s wife and son joined him in Mankato. By this time, he had the resources to welcome his family to a home of their own. The family’s relationship with SSND continued as the Sisters invited the Menjivars to spend Christmas and other holidays with them.

In 2002, grandparents Maria and José Menjivar made the move to Mankato. Maria said, “We came by ‘avión’ (airplane), and had just two bags with us when we arrived in Mankato.” Once again, the Sisters got involved in providing beds and whatever else the Menjivars needed.

Eventually Maria and José made arrangements to have their own home. In 2017 Maria came to VINE’s Literacy Center where she gathered with other immigrants to learn English. Then, without awareness of the Menjivar family’s connection with the Sisters, VINE’s Caring Connection (CC) Program Coordinator S. Joyce Kolbet, contacted one of the Sisters at Good Counsel who she knew was fluent in Spanish to be Maria’s CC friend. Sister Joanne O’Connor and Maria have been meeting ever since, in-person and via phone during COVID. Sometimes these visits included Maria’s family members.

“I enjoyed getting to know Maria’s



family and hearing about their history with our SSND community. What a match,” S. Joanne said.

Maria’s husband José died in February of 2022. VINE provided support through Sisters Joanne and Joyce, and VINE’s Diversity Program Manager, Cecil Fountain. As Maria navigates life without José, she continues to find friendship and support through VINE and her beautiful family. Recently, S. Joanne shared with Maria that she will be moving to Shakopee. Maria is now going to “pay it forward.” When invited to consider being a CC friend with another immigrant and caregiver from Columbia, new to Mankato, Maria responded, “sí, sí!”

CC is VINE’s visiting program. Families, couples or individuals of any age are invited to visit a care receiver who is socially isolated or dealing with difficult life transitions. Visits can be flexible, during the day, evenings, weekends or whenever volunteers are available. Call Joyce at (507) 386-5583 if you know someone who would benefit from a regular visit or if you’d like to volunteer.

Proud Partner Agency



Greater Mankato Area United Way



EDUCATIONAL PRESENTATIONS

Unless otherwise noted, all programs take place at the VINE Adult Community Center. Programs are free for members, \$5 for non-members. Registration is **required** at vinevolunteers.org.



MILLS LAKE PADDLE

- Thursday, June 2
- 10 am – 12 pm
- Meet at Fleming Landing on Mills Lake
- Scott Kudelka, MN DNR

Discover how to paddle a canoe while learning about some of the history, culture and natural world of the area. Canoes, paddles and life jackets provided.

ENERGY AWARENESS

- Tuesday, June 7
- 11 am – 12 pm
- Leigh Pomeroy, Southcentral MN Clean Energy Council

Learn what you can do to make your home more energy-efficient including community solar options.

HISTORIC MANKATO WALKING TOURS

Mankato is the site of the largest mass execution in US history, home of the Betsy-Tacy stories and the base for what was once one of the largest milling operations in Minnesota. Tony Filipovitch, retired professor of Urban Studies at MSU-Mankato, will lead two walking tours and talk about “the little town that time forgot and the ages cannot improve.” Tours begin and end at VINE.

THE SILK STOCKING DISTRICT

- Wednesday, June 8
- 10 – 11:30 am

Walk from what used to be the edge of town into the first middle-class suburbs of Mankato (Lincoln Park neighborhood) and down into the old downtown.

RAILROAD WORKERS & SECRETARIES

- Wednesday, June 22
- 10 – 11:30 am

Walk into the working-class district of old Mankato, through Old Town and back downtown.

FITNESS FOR OLDER ADULTS

- Thursday, June 9
- 11 am – 12 pm
- Jake Neinow, DPT, Mankato Clinic

Activity levels change throughout our life span. Learn about specialized fitness and higher level strength training opportunities for older adults.

Free and open to the public thanks to Candee Deichman.

INTRO TO PICKLEBALL

- Thursday, June 9 & 23
- 1 – 2 pm
- Tourtellotte Park
- John Sandry, Mankato Area Pickleball Association

Learn how to play the fastest growing sport in America, Pickleball. Bring comfortable clothes, tennis shoes and water. Equipment will be provided.

Register at vinevolunteers.org
or call (507) 387-1666

BIRDS IN THE BACKYARD & BEYOND

- Monday, June 13
- 11 am – 12 pm
- Chad Heins, Associate Professor of Biology, BLC



Chad will share how a backyard birdfeeder opened his eyes to the world of birds and led him to a life of birdwatching. Learn how to see more birds in your own backyard and around Mankato.

MINI INFO SESSION: CAPTIONCALL

- Tuesday, June 14
- 11 – 11:30 am
- Paul Kurr, CaptionCall

CaptionCall displays large, easy to read text that automatically captions conversations on your phone. It dials, rings and works like a regular phone. CaptionCall is available at no cost through a federal grant. See if it is right for you.

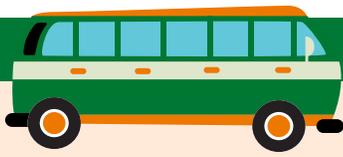
RAILVIEW PERUVIAN HORSE RANCH TOUR

- Wednesday, June 15
- 12 – 1 pm
- 23541 3rd Ave, Mankato
- Darla & Chris Austin, owners

Take a guided tour of the Railview Peruvian Ranch just north of Mankato. Learn the uniqueness of the Peruvian horse and how the Austin family has been breeding, training, showing and selling these amazing animals for 20+ years.

Parking is limited; please carpool.





BUS TRIPS WITH COMMUNITY EDUCATION

Take a coach bus to a fun outing. Call Community Ed at (507) 387-5501 or visit mankatocer.com to sign up and pay. Buses depart from the Wow!Zone.

WABASHA STREET CAVES & ST. PAUL GANGSTER TOUR

Wednesday, June 29

Join us for a 1-hour walking tour of the historic Wabasha Street Caves and a 2-hour St. Paul Gangster Bus Tour. Learn why St. Paul was a center for bootlegging operations and criminal activities during the 1930's prohibition era. See where the gangsters played and executed some of the most notorious crimes in the Midwest.

Cost: \$110 (lunch included)

Registration deadline: 6/8

STILLWATER RIVERBOAT TRIP

Wednesday, July 20

Experience the beauty of the St. Croix River on a riverboat while you enjoy a deli buffet, fruit, salad, warm entrée and cookies.

Cost: \$89 (lunch included)

Registration deadline: 6/20

MN STATE FAIR TRIP

Monday, August 29

Join us for a bus trip to the Minnesota State Fair.

Cost: \$65 (65+) \$70 (under 65)

Registration deadline: 8/3

ARTHRITIS OF THE SPINE & NERVE PAIN

- Friday, June 17
- 11 am – 12 pm
- Megan E Murphy, MD, neurosurgeon Mayo Clinic Health System

The wear and tear of arthritis comes with aging and the nature of being human. Arthritis isn't a picky disease; it affects all joints, including all the joints of the spine. Dr. Murphy will review common problems of arthritis in the spine, nerve pain and treatments that can reduce pain and improve quality of life.

Free & open to the public.

COMPUTER UNIVERSITY: ONLINE BANKING

- Monday, June 20
- 5:30 – 7 pm
- Trevor Waagner, Mankato Computer Technology

Discover the pros and cons of banking online. Learn about the safest way to open and maintain your bank accounts. Advice on features and pitfalls that may be encountered while navigating banking online.

CITYART SCULPTURE WALKING TOUR

- Tuesday, June 21
- 10 – 11:30 am
- CityArt Volunteer

Tour the new art and learn behind-the-scenes information about the sculptors and their works displayed in Mankato. Meet at Pub 500.

VINE DINING: SWISS & MADISON

- Wednesday, June 22
- 12:30 – 1:30 pm
- 920 Madison Ave. Mankato
- Nicole Wood, Co-owner

Join us for lunch at Swiss & Madison. Learn about their history and types of cuisine offered.



EBIKES

- Thursday, June 23
- 1 – 2 pm
- Charley Serrill, Manager Nicollet Bike & Ski

Electric assist bicycles allow you to ride further, flatten out the hills and enjoy the ride! Learn why ebikes are becoming increasingly more popular. Demo bikes and test rides will be available at VINE.

UNDERSTANDING BIAS: WHAT WOULD YOU DO?

- Monday, June 27
- 11 am – 12 pm
- Missy Manderfeld & Mary Lou Kudela, Greater Mankato Diversity Council

Watch a series of video clips and discuss reactions and feelings that the images evoke.

CULINARY ARTS

- Tuesday, June 28
- 11 am – 12 pm
- Dr. Liz Kliewer, Culinary Arts Instructor, South Central College

Join us for a food demonstration by South Central College Culinary Arts students and instructors.

Register at vinevolunteers.org or call (507) 387-1666

PLAY & SOCIALIZE

GAMES & GROUPS

The following activities are ongoing. Register at vinevolunteers.org or call (507) 387-1666.

500



Wednesdays: 9:30 – 11:30 am

BILLIARDS



Monday – Friday
8 am – 5 pm

BRIDGE LESSONS



Thursdays: June 16 - July 14
10 am - 12 pm

Learn to play Bridge with this beginner/intermediate class. Each class will teach a different bidding trick and provide time to practice those tricks.

Free for members;
\$60 for non-members.
Additional \$5 for snacks to Raj.

CHESS CLUB



Thursdays: 1 – 2 pm

Play chess with your friends at VINE. All skill levels welcome.

ART QUEST STUDIO



Tuesdays: 1 – 3 pm

Wild Exploration of the Arts with Iris Nelson (supplies provided)

6/7 – Weaving bags

6/14 – Weaving bags continued

6/21 – Dream catchers

6/28 – Dream catchers continued

Wednesdays: 1 – 3 pm

Figure Drawing 101
(supplies provided)

6/1 – Short lessons on seeing & recording the human figure

CRIBBAGE



Tuesdays: 1 – 3 pm

DEVINE SINGERS



Mondays: 1 – 2 pm

Call Peg (507) 345-3242.

DUPLICATE BRIDGE



Mondays: 1 – 4 pm

Wednesdays: 3 – 6 pm

Call Raj (507) 351-0133 to register.

GET YOUR YARN ON



Wednesdays: 10 – 11:30 am

Bring your own craft and supplies.

MAHJONG



Mondays: 1 – 4 pm

Call Marlene (507) 317-1417.

MEMBERS NOOK



Monday – Friday

8 am – 5 pm

Read the paper, drink coffee or work on a puzzle while socializing with peers on the 5th floor.

MEMOIRS



Tuesdays: 10:30 am – 1 pm

SPELLERS



Mondays: 10:15 – 11:15 am

VINE STOMPERS



Wednesdays

2:15 – 4 pm (beginners at 2:15)

Join this fun line dancing group!
Call Deb (507) 381-9953.

WHIST



Fridays: 2 – 4 pm

A game of strategy and communication between 4 players.

PING PONG



Is Ping Pong, also known as Table Tennis, a hobby or exercise? It's both! Benefits of playing Ping Pong include building better balance, improving hand to eye coordination, increased focus and socialization. Come try it on **Mondays, Wednesdays & Fridays** from **11 am – 1:30 pm** in the Gathering Room. Everyone is welcome. Equipment is provided.

your own unglazed terra-cotta pot 8" or smaller)

6/30 – Explosion bookmaking

GALLERIES



5TH FLOOR

Uplift on display June 2 – July 26.

See how VINE members express joy and gratitude with this exhibit of collaborative works from Art Quest classes, plus inspiring and fun photos of children, pets and smiling close ups.

Please refrain from using strongly scented lotions, oils or perfumes before attending fitness activities.

WELLNESS SERIES



To sign up for any of these series call Jen at (507) 386-5588.

Register online at vinevolunteers.org
Questions? Call (507) 387-1666

FITNESS CENTER

Our Fitness Center includes strength training equipment, recumbent trainers, treadmills, a stretching area and more!

Monday & Wednesday
7 am – 6:30 pm

Tuesday, Thursday & Friday
7 am – 5 pm

Saturday
8 am – 12 pm



KNEE REPLACEMENT EXERCISE PROGRAM

- Mondays & Wednesdays, June 20 – August 10, 1 – 2 pm

After your knee replacement and physical therapy, join this supervised, evidence-based small group to regain strength, flexibility and stamina. \$160 (Supporting & non-members) \$60 (Basic & Premium members).

BONUS CLASS OFFERINGS

Try something different with one of these limited-time classes.

Drop-ins are welcome!



Call Lisa J with any questions at (507) 386-5585.

WALKING TRACK

Our cushioned walking track offers a safe place to walk with great views.

Monday & Wednesday
7 am – 6:30 pm

Tuesday, Thursday & Friday
7 am – 5 pm

Saturday
8 am – 12 pm



TAI CHI FOR HEALTH®

- Tuesdays & Thursdays, June 21 – July 28, 9 – 9:45 am
- Wheeler Park, North Mankato

Tai Chi for Health is easy to learn and provides many health benefits. Free for Premium members, \$60 Basic, \$84 Supporting, \$120 Public.

POUND®

- Thursdays, June 2 - 30
9:30 – 10:30 am

Add some variety to your exercise routine this month. Fun music + drumsticks = a good time!

CARDIO KICKBOXING

- Tuesdays, June 7 - 28
9:30 – 10:30 am

Punch, jab, duck and shuffle from a seated or standing position. Use your body weight to strengthen muscles and improve balance. Join in-person or online.

TREKKING

Join us for a hike at a different park or trail each week.

Thursdays, 10 – 11 am

6/2: The Arboretum at Gustavus Adolphus College

6/9: Sakatah Singing Hills Trail (Hwy 86 by Eagle Lake)

6/16: Rex McBeth River Trail (behind McDonald's on Hwy 169)

6/23: Sakatah Singing Hills Trail (Hwy 22 by Wickersham)

6/30: Cardio Climb from Lake St. up to Bluff Park, North Mankato



DUAL TASK BALANCE PROGRAM

- Thursdays, June 30 – July 21
11 am – 12 pm

This class leads participants through fun, engaging group activities to improve their balance and activate their brains. Free for Premium members; \$25 for others.

YOGA CORE

- Thursdays, thru June 9
8:45 – 9:45 am

It's not too late to try this yoga class to build your core strength and activate your balance.



HEALTH & WELLNESS

WARM WATER POOL



VINE's 89-degree heated pool is used for exercise classes and swimming. An accessibility lift allows adults of varying degrees of ability to enjoy the pool.

Please shower with soap before entering the pool.

OPEN SWIM TIMES: (one lap swimmer at a time)

Monday

7 – 9:30 am
12:45 – 2 pm
3 – 6 pm

Tuesday & Thursday

12 – 1 pm
3 – 4:30 pm

Wednesday

7 – 9:30 am
5 – 6 pm

Friday

7 – 9:30 am

Saturday

8 – 9:30 am
10:30 – 11:30 am



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 7 – 9:30 am	Lap Swim 7 – 8 am	Open Swim 7 – 9:30 am	Lap Swim 7 – 8 am	Open Swim 7 – 9:30 am	Open Swim 8 – 9:30 am
Aqua 2 9:30 – 10:30 am	Open Swim 12 – 1 pm	Aqua 2 9:30 – 10:30 am	Open Swim 12 – 1 pm	Aqua 2 9:30 – 10:30 am	Rotating Class 9:30 – 10:15 am
Aqua 1 10:45 – 11:30 am	Aqua Yoga 1 – 1:45 pm	Aqua 1 10:45 – 11:30 am	Aqua Yoga 1 – 1:45 pm	Aqua 3 10:45 – 11:30 am	Open Swim 10:30 – 11:30 am
Lap Swim 11:45 – 12:45 pm	Aqua Deep 2 – 2:45 pm	Lap Swim 11:45 – 12:45 pm	Aqua 2 2 – 3 pm		
Open Swim 12:45 – 2 pm	Open Swim 3 – 4:30 pm	Open Swim 5 – 6 pm	Open Swim 3 – 4:30 pm		
Aqua 2 2 – 3 pm	Aqua 2/3 4:30 – 5:15 pm				
Open Swim 3 – 6 pm					

Register online at
vinevolunteers.org
Questions? Call (507) 387-1666

AQUA CLASSES: (register online)

Monday

9:30 – 10:30 am: Aqua 2
10:45 – 11:30 am: Aqua 1
2 – 3 pm: Aqua 2

Tuesday

1 – 1:45 pm: Aqua Yoga
2 – 2:45 pm: Aqua Deep
4:30 – 5:15 pm: Aqua 2/3

Wednesday

9:30 – 10:30 am: Aqua 2
10:45 – 11:30 am: Aqua 1

Thursday

1 – 1:45 pm: Aqua Yoga
2 – 3 pm: Aqua 2

Friday

9:30 – 10:30 am: Aqua 2
10:45 – 11:30 am: Aqua 3

Saturday

9:30 – 10:15 am: Rotating class
6/4: Aqua Zumba®
6/11: Aqua 2
6/18: Aqua 2
6/25: Aqua 2

LAP SWIM: (register online)

Monday & Wednesday

11:45 am – 12:45 pm

Tuesday & Thursday

7 – 8 am

AQUA CLASSES

Aqua 1: Gentle movement including walking, stretching & balance activities. May include noodles.

Aqua 2: May include jogging, jumping, twisting & constant movement. Weights, kickboards & noodles are often incorporated.

Aqua 3: May include deep water exercise & more rigorous movement. Weights, kickboards, noodles & water belts are used.

Aqua Deep: Takes place in the deep end of the pool using water belts, noodles & weights. It is vigorous exercise with very little stress on your body.

Aqua Yoga: Low-impact aquatic exercise, performing yoga poses in water. No yoga experience necessary.



GROUP EXERCISE CLASSES

Please register for classes online at vinevolunteers.org.

Monday

8:30 am: Move it More
10 am: Chair Yoga
10 am: Combo Fit
1 pm: Seated Stretch & Flex (*hybrid*)
4:30 pm: Cardio-Strength
5:30 pm: Zumba®

Tuesday

8:30 am: Stretch & Flex
9:30 am: Cardio Kickboxing
10 am: Yoga
10:45 am: Pilates
1 pm: Forever Fit

Wednesday

8:30 am: Move it More
10 am: Combo Fit
1 pm: Chair Yoga (*hybrid*)
4:30 pm: Cardio-Strength

Thursday

8:30 am: Stretch & Flex
8:45 am: Yoga Core (*thru 6/9*)
9:30 am: POUND®
10 am: Chair Yoga
10:45 am: Pilates
1 pm: Forever Fit

Friday

8:30 am: Move it More
10 am: Combo Fit
10 am: Gentle Yoga

Saturday

6/4 8:15 am: Hatha Yoga
6/11 10:30 am: POUND®
6/18 8:15 am: HIIT Outdoor Walk
10:30 am: Outdoor Yoga
6/25 10:30 am: Line Dance

GROUP EXERCISE CLASS DESCRIPTIONS

Cardio Kickboxing can be done seated or standing. Use your body weight to strengthen muscles and improve balance. *Level 2*

Cardio-Strength is a high-intensity class. Participants must get down & up from the floor with relative ease. *Level 4*

Chair Yoga offers the benefits of yoga while seated or next to a chair. *Level 1*

Combo Fit offers a focused combination of strength, cardiovascular & flexibility exercises – lots of movement. *Level 3*

Forever Fit is suitable for all fitness abilities. Build strength, flexibility & endurance for everyday life. Formerly PALs. *Level 1*

Gentle Yoga focuses on moving slowly through poses with awareness on form & breath. *Level 2*

Move it More is an aerobic & strength workout for those with little or no difficulty with balance & walking. *Level 2*

Pilates emphasizes proper postural alignment & core strength. Exercise on back & stomach, lifting & lowering your head. Bring a mat & pillow. *Level 3*

POUND® is a music-driven cardio class that incorporates weighted drumsticks engineered specifically for exercising. *Level 2 or 3*

Stretch & Flex stretches & strengthens your muscles. Bring a mat. *Level 2*

Yoga classes at VINE are instructional, focusing on alignment & a mindful experience. Pose modifications are provided. *Level 2 or 3*

Zumba® uses easy-to-follow dance moves designed for older adults. *Level 2*

Level 1: Chair-based classes geared toward all fitness levels.

Level 2: These low-impact classes may entail floor exercises.

Level 3: Expect to be up and down from the floor with more intensity.

Level 4: Modifications will be provided, but anything goes! You will be up and down from the floor and your endurance will be tested.



VIRTUAL VINE

P

Workout from home with your favorite VINE instructors, any day, any time!

For instructions on accessing our on-demand Zumba videos, email lisaj@vinevolunteers.org.

What is a hybrid class?

You may attend a hybrid class in-person at VINE or virtually on Zoom. After you register, the Zoom link will be emailed to you.

VINE GROUP EXERCISE CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All day	On-demand virtual center with videos & Zumba on ZIN [®]					
8:30 am	Move it More	Stretch & Flex	Move it More	Stretch & Flex	Move it More	
9:30 am	Aqua 2 	Cardio Kickboxing	Aqua 2 	POUND [®]	Aqua 2 	Rotating aqua class 
10 am	Chair Yoga, Combo Fit	Yoga	Combo Fit	Chair Yoga	Combo Fit, Gentle Yoga	Rotating Saturday group exercise classes, dates & times listed on pg. 9
10:45 am	Aqua 1 	Pilates	Aqua 1 	Pilates	Aqua 3 	
1 pm	Seated Stretch & Flex (hybrid)	Aqua Yoga, Forever Fit 	Chair Yoga (hybrid)	Aqua Yoga, Forever Fit 		
2 pm	Aqua 2 	Aqua Deep 		Aqua 2 		
4:30 pm	Cardio-Strength	Aqua 2/3 	Cardio-Strength			
5:30 pm	Zumba [®] (no class 6/13)					

FREE STRENGTH ASSESSMENTS



- Monday, June 20
- 9:30 am – 12 pm (10-min. appointments)
- Free & open to the public

Is your strength training program working for you? Get a gauge for your lower and upper body strength. Assessments will be conducted by Mankato Clinic Physical Therapists and VINE's Certified Personal Trainer in the Fitness Center at VINE. Receive your results and learn how to improve your strength.

Register online at vinevolunteers.org or call Jen at (507) 386-5588.



PERSONAL TRAINING



Reach your health and wellness goals with the help of a certified personal trainer at VINE! Personal training is a supervised, one-on-one workout with a Certified Personal Trainer (CPT). Frequency and number of sessions are determined between the CPT and client.

Cost: Premium members \$25/30 minutes, \$40/hour.

Contact Jen at (507) 386-5588 to sign up or learn more.

DIABETES PREVENTION PROGRAM INFO SESSIONS

- Thursday, June 2 or Tuesday, June 14
- 1:30 – 2:30 pm
- Free & open to the public

Learn about this year-long program which helps individuals improve their health and prevent type 2 diabetes.

DIABETES PREVENTION PROGRAM

- Begins Thursday, June 23 1:30 – 2:45 pm

By improving food choices and increasing physical activity, participants can lose modest amounts of weight and cut their risk of developing type 2 diabetes in half.

Contact Jen to determine your eligibility at (507) 386-5588 or jenw@vinevolunteers.org.

VOLUNTEER ORIENTATION

- Thursday, June 16
4 – 5 pm

Volunteers are the heart of VINE. Come and find a good fit for your time and talents. If you can't make it on June 16, please call (507) 387-1666 to schedule another time. Applications may be completed in advance online at vinevolunteers.org.

VINE MEMORIALS

VINE gratefully acknowledges contributions received in April in honor of the following individuals: Kent Durenberger, Christopher Faye, Gary Grimm, Ken Jenson, Doris Kimble, Nick Kowceun, Bob Meyer, Bruce Neubert and Jean Sieberg.

Remembered Forever Fund

VINE's Remembered Forever Fund is a great way to honor a loved one, while helping others.

Memorial funds are used to help older adults in the community maintain their independence and health as they age. For more information, contact Marissa at (507) 386-5580.

RECYCLE PLASTIC AT VINE

This June and July, VINE will have a Trex recycling bin in the first-floor lobby. Members and guests are encouraged to bring their household bags and wrappers to be recycled into Trex's Earth friendly composite decking and railing. Produce bags, store bags, ice bags, Ziploc bags, cereal box liners, bread bags, newspaper sleeves, bubble wrap and plastic e-commerce mailers are all recyclable!

THANK YOU VINE BOARD!

VINE employees are supported and guided by a dedicated board of directors. Over the past year, the board said farewell to several members and welcomed several new ones. Each member brings a different skillset and experience and we are very grateful for these volunteers.

We thank the following board members who finished their commitment in 2021 and 2022:

- Kirk Beyer
- Drew Campbell
- Kristin Gunsolus
- Brian Koch
- John Petersen
- Todd Stromswold
- Joe Visker



We welcome our new board members:

- Antonio Reis, Treasurer, Director of Finance, Taylor Corporation
- Mary Bliesmer, Retired Professor of Nursing, MSU-Mankato
- Steve Ditschler, Retired CEO, ProAct, Inc.
- Jill Evans, Retired Nonprofit Fundraiser
- John Frey, Retired Faculty and Dean, MSU-Mankato
- Carrol Meyers-Dobler, Retired Executive Director, Partners for Housing
- Trish Reedstrom, Pastor, Messiah Lutheran Church

THANKS VINE MEMOIR GROUP!

The Memoir Group donated over \$9,000 from book sales to VINE. Books are still available for purchase at VINE and the thrift store. If you are interested in learning more, contact Linda at (507) 931-6471.



BIRDHOUSES & BOUQUETS TO BETTER THE BUDGET SILENT AUCTION

June 20 – 24

Help us end our fiscal year in June with pizzazz by supporting the arts and crafts silent auction. It features whimsical hand painted wooden birdhouses, hummingbird swings, bling suncatchers and crepe paper flower bouquets – all created by VINE's Art Quest Fooling Around Thursday classes.

Register for a bidding number at the front desk.

The silent auction ends on June 24 at 12 pm.



HOME RUN FOR CHARITY

Join us on **June 6** at 6:35 pm as the Mankato MoonDogs take on the St. Cloud Rox at ISG Field.

VINE is selling tickets to the game for **\$14**, which includes a voucher for a hot dog, chips and soda. VINE will receive 50% of the proceeds.

Tickets can be purchased at the VINE Adult Community Center or by calling (507) 387-1666.

Please help us fill the stands with VINE fans as we cheer on the Mankato MoonDogs!

We offer 3 membership levels to best suit your needs

	SOCIAL Formerly Supporting	FITNESS BASIC Formerly Basic	FITNESS PREMIUM Formerly Premium	
PRICE	\$8/month \$96/year	\$30/month \$360/year	55+ years old \$42/month \$504/year	<55 years old \$52/month \$624/year
ADDITIONAL HOUSEHOLD MEMBER PRICE	\$8/month \$96/year	\$19/month \$228/year	55+ years old \$26/month \$312/year	<55 years old \$32/month \$384/year
AMENITIES	<ul style="list-style-type: none"> Lifestyle & Educational Presentations Card Games Social & Recreational Groups Ping Pong Art Classes Members Nook 	Amenities of Social level plus: <ul style="list-style-type: none"> Indoor Walking Track Discount on Group Fitness Classes Billiards Trekking <p><i>Qualifies for most insurance reimbursement programs; making membership free.</i></p>	Amenities of Social & Basic levels plus: <ul style="list-style-type: none"> Full-Service Fitness Center Warm Water Exercise Pool Free Fitness Assessment Group Fitness classes <p><i>May qualify for reduced rate with insurance reimbursement programs.</i></p>	



home thrift store

OPEN:

Tuesday – Saturday
10 am – 6 pm

77 Star Street, Mankato
(507) 387-2699
vinestore.org

VINE HOME THRIFT STORE

We offer gently used household necessities including furniture, kitchen essentials, antiques, décor and much more, all at an affordable price. You never know what kind of treasures you'll find here.

Donation Drop Off & Pickup

We accept furniture and household items in good condition from non-smoking homes during store hours.

Pickups for larger donations are available based on items and their location. Please call the store for more information or to schedule.

We are always looking for more volunteers to help at the store!

Donate · Shop · Volunteer

"I am an avid collector; I collect everything. Thrift stores are better than antique stores because the items are priced at a better bargain. The VINE Home Thrift Store always has a good selection for those who collect a variety of things."

- Ken, Thrift Store Customer

