

STAY HEALTHY!

- Masks are welcome, but not required.
- Stay home if you are sick.
- Wash your hands.

MEMBERSHIP LEVELS

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

SOCIAL



- Educational Programs
- Social Groups

FITNESS BASIC



Social plus:

- Walking Track
- Billiards Room

FITNESS PREMIUM



Social & Fitness Basic plus:

- Fitness Center
- Pool
- Exercise Classes

The VINE Adult Community Center (VACC) is open
 Monday - Thursday:
 6 am - 6:30 pm **new hours!*
 Friday: 6 am - 5 pm
 Saturday: 8 am - 12 pm



RETIRED: NOW WHAT?

Retirement can be a time of great change and uncertainty. After years of working hard, you may feel like you're suddenly adrift, wondering what to do with all your newfound free time. Finding your new purpose after retirement is possible and there's no better place to start than the VINE Adult Community Center.

Envisioning a happy, fulfilling retirement is a crucial step towards making it a reality. Retirement should be a time to enjoy the fruits of your labor, pursue your passions and make memories with loved ones. Here are some ways to help you imagine a happy and fulfilling retirement:

1. **Think about what you want to do:** Do you want to travel the world, take up a new hobby, volunteer, or spend more time with family and friends? Write down your dreams and goals, no matter how big or small they may be.
2. **Make a plan:** Turn your dreams and goals into a plan by breaking them down into smaller, achievable steps. Figure out what you need to do to make your vision a reality. This might include saving money, establishing a set routine or taking a class to learn a new skill.
3. **Surround yourself with positivity:** Surround yourself with people who support and encourage you. Seek out positive and inspiring people in your life who will help you stay motivated and on track towards your goals by building connections in the member nook, walking track or billiards room.
4. **Find meaning in giving back:** Many people find great satisfaction in giving back to their communities and helping others. With your skills and talents not being taken up by your job, consider finding a cause you're passionate about. Consider becoming a VINE volunteer today.
5. **Emphasize your health and well-being:** When you retire it's important to maintain the energy and mobility necessary to pursue your passions and goals. Make time to exercise and eat foods that will fuel your body.

Remember, your retirement is what you make it. Envisioning a happy, fulfilling retirement is just the first step in making it a reality. With hard work, determination and a positive attitude, you will create a retirement that allows you to thrive.

Studies have shown many people struggle to stay socially connected and physically active after retirement, causing health problems. So, don't isolate; let VINE help you start your next chapter.



VINE SERVICES

VINE'S AGING 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 - Caring Connection
- gutter cleaning, raking, snow removal and lawn mowing
- taking care of yourself as you care for others
- mental health care (60+)
- 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 are 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 to 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.

INDIVIDUAL CAREGIVER COACHING

53 million Americans are providing care for a loved one, yet few identify as caregivers. A caregiver is anyone who tends to the needs of a person with limitations due to illness, injury or disability. Caregiving can be rewarding as well as physically and emotionally exhausting.

Trained Caregiver Coaches can meet with you to address specific situations in your caregiving journey; situations that you might not feel comfortable sharing in a support group. These meetings can be held at the location of your choosing and could involve other individuals providing care to your loved one. Topics are unrestricted and discussions are held in confidence. Caregiver Coaches have a wealth of knowledge and are available to help facilitate discussion and decision-making, help individuals with goal setting and make referrals.

Call Mary, Joyce or Glenda at (507) 387-1666 to set up a Caregiver Coaching session. There is no formal charge, but donations are welcome.

VINE CHORE PROGRAM

Are you looking for some help with minor household chores? VINE's Chore Coordinator can help with installation of grab bars, minor home repairs and yard work. To qualify, individuals must be living in Blue Earth or Nicollet Counties and be over 65 years old. Call Adam at (507) 387-1666 for more information.

Snow Removal Volunteers Needed

We need volunteers to help shovel driveways and sidewalks in Mankato and North Mankato. Volunteers can join the VINE Chore Team to clear multiple homes or adopt a house in their neighborhood. Call Adam at (507) 386-5574 to volunteer.



CAREGIVER SUPPORT GROUPS

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

First Tuesday of the month

- March 7, 2:30 – 4 pm

St. Teresa Catholic Church, Mapleton

Call Joyce at (507) 386-5583 to register.

- Wednesdays, March 8 & 22
1:30 – 3 pm
- Wednesday, March 15
5:15 – 6:15 pm

VINE Adult Community Center

*If you'd like to attend virtually, please contact VINE to learn how.

Call Mary or Joyce at (507) 387-1666 to register.

LGBT+ CAREGIVERS

- Tuesday, March 21
4 – 5 pm (virtually on Zoom)

Email joycek@vinevolunteers.org for the Zoom link.

Proud Partner Agency



Greater Mankato Area
United Way



IMPROVE THE WAY YOU FEEL

Have you or someone you know been struggling to find joy and happiness? You are not alone. Depression affects more than 19 million Americans every year. While depression is not a normal part of the aging process, there is a strong likelihood of it occurring especially when other physical health conditions are present. Don't worry; VINE can help.

PEARLS is an evidence-based program for those 60+ in Blue Earth, Nicollet, Le Sueur and Watonwan Counties experiencing late-life depression. Working with a PEARLS Coach, individuals create personalized problem-solving plans including life-enrichment activities.

A recent graduate of the program said, "It was so good to have someone to talk to, someone who listened. To be heard and understood is something everyone needs and craves."

This program is available for \$5 per session and consists of 6-8 sessions over several months. No one will be turned away due to inability to pay. Meetings can take place at VINE, virtually or at the individual's home.

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



NEED A RIDE?

VINE's public transportation program, TRUE Transit, provides dial-a-ride service throughout Blue Earth, Nicollet and Le Sueur Counties, Monday - Friday between 8 am - 5 pm for just \$5 each way.

The bus picks you up at your door and drops you off exactly where you need to go. All buses have a mobility lift to help passengers safely board and deboard the bus.

Reservations are required and can be made by calling (507) 388-8783 or online at truetransit.org. You can pay for your ride in advance or on the bus.



MEMORY CAFÉ

- Wednesday, March 15

11 am – 12 pm

Free & open to the public

A Memory Café is a welcoming place for individuals with Alzheimer's Disease or other forms of dementia and their care partner. It is not a place to drop off your loved one for respite, but rather a way to enjoy activities with them and others.

VINE's Memory Café is a gathering held every other month on the third Wednesday facilitated by VINE's staff who provide guidance and support. Activities are fun and tend to focus on reminiscing. Connection to the past can be comforting and medically beneficial. Enjoy a treat with us too.

Call Glenda or Joyce at (507) 387-1666 by March 10 to register.

CARING CONNECTION: VOLUNTEERS ARE READY

Is there an elderly person in your neighborhood who lives alone and would like a regular social visit? Do you know someone who is lonely due to the loss of their spouse or other major life transition? Have you interacted with someone at VINE who may appreciate a Caring Connection (CC) friend?

CC is VINE's visiting program for someone who may be socially isolated or experiencing a major life transition. CC visits can take place during the week or weekend, daytime or evenings – whenever it's convenient for those involved.

Recently, CC Coordinator, Joyce Kolbet, attended a funeral for one of VINE's CC friends, Alverna Buzick. When the obituary was read, Joyce was particularly touched by this statement about the deceased, "Alverna enjoyed crocheting, reading, diamond painting, going to garage sales, and being with Diane, her CC friend."

Socialization is a human need we all have. VINE currently has several volunteers who are ready to offer their gifts of time and presence to someone who wants a regular friendly visit. Please pause and consider someone you know who might appreciate this special VINE service. Then give Joyce a call at (507) 386-5583 and she'll follow up.



Joan Lucas, Diane Gerdes, Alverna Buzick, Jack Rupert, Terry Tompkins & Janice Malecek

LEARNING THROUGHOUT YOUR LIFETIME

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.



THEATRE FOR ALL

- Wednesday, March 1
- 1 – 2 pm
- Wilbur Neushwander-Frink, Executive Director Open Arts Minnesota

Join us for a fun theatre session open to all people. This workshop will feature fun theatre activities including theatre games, scene reading, warm-ups and more. Wilbur will share a little background information on her work in inclusive theatre. There will also be a “Dance Party” to end our session.

WHAT YOU NEED TO KNOW ABOUT LUNG HEALTH

- Tuesday, March 7
- 11 am – 12 pm
- Mohamad El Labban, M.D., Internal Medicine, Mayo Clinic Health System
- Free & open to the public

Learn about COPD, treatment options and how smoking contributes to disease development. Get tips about stopping smoking to reduce your chances of getting COPD.

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

RURAL MENTAL HEALTH: THE FUTURE OF CARE FOR OUR COMMUNITY & REGION

- Tuesday, March 14
- 1 – 2 pm
- Thad Shunkwiler, LMFT, LPCC, ACS, CCMHC, Director of the Center for Rural Behavioral Health at MNSU

By every available measure, the mental wellbeing of our community has never been worse. This workshop will examine the mental health challenges that are unique to rural and outstate Minnesota. Participants will learn about innovative solutions to include the recently established Center for Rural Behavioral Health at MSU, Mankato.

FIVE WISHES: HEALTH CARE DIRECTIVE

- Tuesday, March 14
- 4 – 5 pm
- VINE Staff

A Five Wishes document gives you a way to control how you are treated if you get seriously ill and cannot speak for yourself. This easy-to-complete form lets you say exactly what you want and don't want. Once completed and properly signed, it is valid under Minnesota law.

Additional \$5 for the document.

MANKATO SYMPHONY ORCHESTRA (MSO) PREVIEW CONCERT

- Thursday, March 16
- 12 – 1 pm
- August Jeske, MSO Artistic Director
- Free & open to the public

Countless composers have portrayed turbulent seas, peaceful rains, rushing rivers and shimmering ice through their music. "Making a Splash" takes a look at what water sounds like and how music can be liquified.

UNDERSTANDING & RESPONDING TO DEMENTIA

- Friday, March 17
- 11:30 am – 12:30 pm
- Alzheimer's Association Staff

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

TOURING ITALY

- Monday, March 20
- 2:30 – 3:30 pm
- William Bukowski, Professor Emeritus at Bethany Lutheran College

William Bukowski will talk about travel to Italy from the perspective of an art and history lover. The talk will be about his experience

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

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as a group leader with college students and his personal travels in Rome, Florence and Venice. It will include a “how to” and “what to see” for your travel plans.

PREVENTING FALLS

- Tuesday, March 21
- 11 am – 12 pm
- Joley Hanson, Humana Educator

Falls are a big deal, especially for older adults. Learn what puts you at risk for falls, ways to prevent falls, tips to fall proof your home and much more.

WHAT YOU NEED TO KNOW ABOUT DIGESTIVE ISSUES

- Wednesday, March 22
- 1 – 2 pm
- Ming Wang, M.D., Gastroenterology, Mayo Clinic Health System
- Free & open to the public

Learn about common digestive issues like Crohn’s disease and celiac disease, including common symptoms, what to do if you think you have digestive issues and treatment options.

COMPUTER UNIVERSITY: DIGITAL PHOTOGRAPHY

- Monday, March 27
- 5:30 – 7 pm
- Trevor Wagner, Mankato Computer Technology

Learn tips and tricks for getting the most out of digital photography including how to manage your photo library and storage. There will be time for questions too.

THE HISTORY OF TEA

- Tuesday, March 28
- 3 – 4 pm
- Heidi Wyn, Owner Curiosi-Tea House

We will discuss the history of Afternoon Tea, common tea culture and answer questions about tea in general. Heidi will also bring a couple of samples to enjoy during the presentation.



VIRTUAL GLOBAL VOYAGERS: JOURNEY TO MEXICO & CENTRAL AMERICA

- Tuesday, April 4
- 10 – 11 am
- Virtual Event with Penn Museum

Explore the Penn Museum galleries on this digital journey through Mexico and Central America at VINE. Visit some of the amazing societies that filled this area before European contact. Decode complex Mayan glyphs and see rare statues from the ancient city of Teotihuacan. Learn about the legacy of incredible civilizations, including the Aztec and Maya, today.



COMMUNITY ED BUS TRIPS

Take a coach bus to a fun outing. Contact Community Ed at (507) 387-5501 or mankatocer.com to learn more, register and pay. Buses depart from the Wow!Zone.

MN LANDSCAPE ARBORETUM

Wednesday, May 10

Explore 1,200 acres of gardens, rare plant collections and accessible trails. See 40,000 tulips, acres of blooming crabapple trees and azalea bushes, wildflower, daffodil and flowering bulb displays and hanging baskets and plants. Also enjoy a guided tram tour.

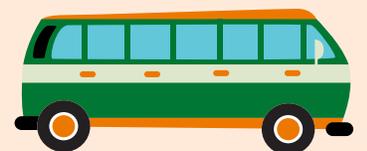
Cost: \$70 (lunch included)
Register by April 10

MN TWINS VS GIANTS

Wednesday, May 24

Take me out to the ball game! Enjoy an afternoon of outdoor baseball by joining us for a trip to Target Field to watch the Minnesota Twins play the San Francisco Giants. The game starts at 12:10 pm.

Cost: \$76
Register by April 17



PLAY & SOCIALIZE

GAMES & GROUPS

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

500 S

Wednesdays: 9:30 – 11:30 am

BILLIARDS B

Open during building hours

CRIBBAGE S

Tuesdays: 1 – 3 pm

DEVINE SINGERS S

Mondays: 1 – 2 pm

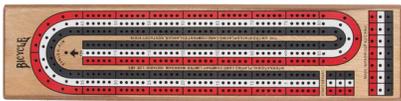
Call Peg (507) 345-3242.

DUPLICATE BRIDGE S

Mondays: 1 – 4 pm

Wednesdays: 3 – 6 pm

Call Raj (507) 351-0133 to register.



GET YOUR YARN ON S

Wednesdays: 10 – 11:30 am

Bring your own craft & supplies.

MAHJONG S

Mondays: 1 – 4 pm

Call Marlene (507) 317-1417.

MEMBERS FUN HOUR S

Join us for a fun evening on the 3rd Wednesday of the month, rotating between games & book club.

March 15, 5 – 6:30 pm: Game Night (bring a \$10 prize to play)

April 19, 5 – 6:30 pm: Book Club, *The Shadows We Hide* by Allen Eskens



VINE GARAGE BAND S

Thursday, March 23: 1 – 2 pm

Enjoy some old time favorite music to dance or sign along to.

Thursdays: 1 – 3 pm

fooling Around (supplies provided)

3/2 – Upside-down drawing

3/16 – Painting like Georgia O'Keefe with pastels part 1

3/23 – Painting like Georgia O'Keefe with pastels part 2

3/30 – Illuminated letters



MEMBERS NOOK S

Open during building hours

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

MEMOIRS S

Tuesdays: 10:30 am – 1 pm

PING-PONG S

Mondays: 11 am – 12:45 pm

Wednesdays & Fridays: 11:15 am – 1:30 pm

SPELLERS S

Fridays: 10:15 – 11:15 am

VINE AFTERNOON CARDS S

Fridays: 2 – 4 pm

Play a new card game each week.

VINE STOMPERS S

Wednesdays

2:15 – 4 pm (beginners at 2:15)

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

ART QUEST STUDIO S

Tuesdays: 1 – 3 pm

Wild Exploration of the Arts (supplies provided)

3/7 – #2 pencil drawings

3/14 – Random abstract freeform with multiple materials

3/21 – Wrapped nature jewelry

3/28 – Illustrate spoonerisms with colored pencil

Wednesdays: 1 – 3 pm

Paint & Draw (supplies provided)

3/1, 8, 15, 22 – Abstract self-portraits using acrylic paint

GALLERIES

VINE's art galleries are free and open to the public to view when the building is open.

5th FLOOR

Celebration of the Arts is on display March 2 – April 13. It includes pencil drawing, acrylic, watercolor, oil, pastel, mixed media, collage and photography created by VINE members.

2nd FLOOR

Display of Wednesday's Paint & Draw class work.



AVOID THE CROWD



Typically our building is busiest on Monday and Wednesday mornings. If you want to avoid the crowd, we recommend using the fitness center and walking track in the afternoon. If our lot is full, additional parking is available in the Blue Earth County Historic Courthouse upper lot off 5th Street.

FITNESS CENTER

Our fitness center includes strength training equipment, recumbent trainers, treadmills, a stretching area and more!

Monday – Thursday: **new hours!*
6 am – 6:30 pm

Friday: 6 am – 5 pm

Saturday: 8 am – 12 pm

WALKING TRACK

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

Monday – Thursday: **new hours!*
6 am – 6:30 pm

Friday: 6 am – 5 pm

Saturday: 8 am – 12 pm

TREKKING



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

Thursdays, 10 – 11 am

3/2: Indian Lake Conservation Area

3/9: Benson Park

3/16: Kiwanis Recreation Area

3/23: Lime Valley

3/30: 7 Mile Creek Park

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.

ZUMBA®

- Mondays, March 6 – 27
3 – 3:45 pm

This class offers easy-to-follow dance moves designed for older adults.

RECESS FUN

- Tuesdays, March 7 – 28
11:30 am – 12 pm

Play is a vital aspect of health. Let your inner child out to play different playground games.

FIT & GRIT

- Saturdays, March 4 – 25
8:30 – 9:15 am

Join us for a circuit based strength and functional fitness class with low - medium intensity, that can be modified for most fitness levels.

PARKINSON'S POWERFUL PRINCIPLES

- Mondays & Thursdays
1 – 1:45 pm

This new group fitness class focuses on exercising large and fine motor muscles for those with Parkinson's disease. Class includes a warm up, group activity, balance and stretching. Trained instructors modify activities based on participant's abilities.

Call Jen for more information at (507) 386-5588.



NEW HOURS & NEW CLASSES!



Beginning in March, our building hours will be extending to 6:30 pm on Tuesdays and Thursdays. We will also be offering new classes which can be found on pages 8 & 9. After hearing feedback from our members, we are adding more yoga classes for all abilities.

INTRO TO YOGA SERIES

- Thursdays, through March 30
8:45 – 9:45 am

Learn basic yoga poses and breathing techniques. Registration required.

CHAIR YOGA

- Mondays & Fridays
9 – 9:45 am
- Tuesdays & Thursdays
10:30 – 11:15 am
- Wednesdays
9 – 9:45 am & 1 – 1:45 pm

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

YOGA

- Wednesdays, March 1 – 29
2 – 3 pm

Yoga classes at VINE are instructional, focusing on alignment and a mindful experience. Pose modifications are provided.

SUN MOON YOGA

- Saturday, March 4
10 – 11 am

A Sun Moon Yoga instructor will lead an all-levels class. Space is limited. Registration is required.

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

6 – 9:30 am
12:45 – 2 pm
3 – 6 pm

Tuesday & Thursday

6 – 7 am
12 – 1 pm
3 – 5 pm (Tue) 3 – 6 pm (Thur)

Wednesday

6 – 9:30 am
5 – 6 pm

Friday

6 – 9:30 am

Saturday

8 – 9:30 am
10:30 – 11:30 am

Register online for classes & lap swim 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 3
5:15 – 6 pm: Aqua 2/3 **new time!*

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
3/4: Aqua Zumba®
3/11: Aqua Kickboxing
3/18: Aqua Yoga
3/25: 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 Yoga: Low-impact aquatic exercise, performing yoga poses in water. No yoga experience necessary.

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



P GROUP EXERCISE CLASSES

Please register for classes online at vinevolunteers.org or call (507) 387-1666.

Monday

8:15 am: Move it More
 9 am: Chair Yoga **new time!*
 10 am: Combo Fit
 1 pm: Chair Stretch & Flex (hybrid)
 2 pm: Roll & Restore
 3 pm: Zumba®
 4:30 pm: Cardio-Strength

Tuesday

8:30 am: Stretch & Flex
 9 am: Yoga **new time!*
 9:30 am: Zumba®
 10:30 am: Chair Yoga **new time!*
 10:30 am: Barre Fusion **new time!*
 1 pm: Forever Fit

Wednesday

8:15 am: Move it More
 9 am: Chair Yoga **new class!*
 10 am: Combo Fit
 1 pm: Chair Yoga (hybrid)
 2 pm: Yoga **new time!*
 4:30 pm: Cardio-Strength

Thursday

8:30 am: Stretch & Flex
 9:30 am: Zumba®
 10:30 am: Chair Yoga **new time!*
 10:30 am: Pilates **new time!*
 1 pm: Forever Fit

Friday

8:15 am: Move it More
 9 am: Chair Yoga **new class!*
 10 am: Combo Fit
 10 am: Gentle Yoga

Saturday

8:30 - 9:15 am: Fit & Grit
 10:30 - 11:15 am
 3/11: Barre Fusion
 3/18: Stretch & Flex
 3/25: Zumba®



STRENGTH



CARDIO



BALANCE & RELAXATION

GROUP EXERCISE CLASS DESCRIPTIONS



Barre Fusion is designed to tone, sculpt, and lengthen your muscles from head to toe. *Level 2/3*



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



Chair Stretch & Flex includes a gentle warm-up then works on flexibility while remaining in the chair or standing. *Level 1*



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*



Fit & Grit is a circuit-based strength and functional fitness class with low-medium intensity. *Level 2/3*



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



Roll & Restore uses Yoga Tune-Up Balls to increase healthy movement patterns. *Level 2*



Stretch & Flex includes a gentle warm up for your body, then working on flexibility throughout the body. *Level 1*



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



Zumba® uses easy-to-follow dance moves designed for older adults. *Level 2/3*

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

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

Level 3: Increased intensity. Floor work may be included.

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

MASSAGE MONDAYS



The 1st Monday of every month, Julie Teslow offers 10-minute chair massages to Premium members on a walk-in basis.

- Monday, March 6
10:15 am – 12:15 pm

FREE FITNESS ASSESSMENT



Fitness assessments offer a simple way to evaluate your physical fitness and can be a useful way to track your progress and improve your health.

Fitness assessments are free for Fitness Premium members. Contact Jen at (507) 386-5588 to schedule an appointment.



PICKLEBALL AT THE PICKLEBARN



Join your VINE friends at the Picklebarn for VINE open play or attend a clinic to learn more about the sport. Wear comfortable clothes and clean shoes!

VINE OPEN PLAY

- Tuesdays & Thursdays
2 – 4 pm
Picklebarn, 90 Power Dr.
Mankato
- Cost: \$6 for VINE members paid to the Picklebarn
No registration required

PICKLEBALL CLINIC

- Thursday, March 16
2 – 3 pm
Meet at Picklebarn
 - Free for VINE members
- Tour the Picklebarn and learn more about Pickleball.

VIRTUAL VINE



Work out from home with your favorite VINE instructors, any day, any time! Our Virtual VINE page has several on-demand classes for our members.

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. Register to receive the Zoom link.



PERSONAL TRAINING



Reach your health and wellness goals with help from a Certified Personal Trainer (CPT) at VINE! Personal training is a supervised, one-on-one workout. After a consultation, VINE's CPTs can create an exercise program to suit your goals and needs.

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

Contact Jen at (507) 386-5588 to sign up with a VINE CPT.

WELLNESS SERIES

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

TAI CHI FOR HEALTH LEVEL 1

- Mondays & Thursdays,
March 6 – April 13
9 – 9:45 am

Tai Chi for Health is easy to learn and provides many health benefits including better balance, coordination and flexibility.

Free for Premium members, \$60 Basic, \$84 Social, \$120 public.

WALK WITH EASE

- Mondays, Wednesdays & Fridays
April 3 – May 11
11:30 am – 12:30 pm

Want to reduce pain, improve your health and be more active? Join Walk with Ease, a free program from the Arthritis Foundation proven to reduce pain while improving your overall health. This 6-week walking program provides health education, motivation and tips to safely make walking a part of your everyday life.

Free and open to the public.

DUAL TASK BALANCE CLASS

- Tuesdays,
April 18 – May 9
2:30 – 3:30 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.

LIVING WELL WITH DIABETES

- Wednesdays
April 19 – May 24
1 – 3 pm

A 6-week course to help you live the life you want. Program participants support each other while they learn about a variety of tools for managing their symptoms of type 2 diabetes.

Free and open to the public.

VOLUNTEER ORIENTATION

- Thursday, March 9
4 – 5 pm

Find a good fit for your time and talents at VINE. Call Adam or Joyce at (507) 387-1666 to learn more and sign up.

We are currently in need of volunteers to deliver meals, visit elders and help with chores.

If you can't make it at this time, please contact us to schedule another time. Applications may be completed in advance at vinevolunteers.org.

VINE MEMORIALS

VINE gratefully acknowledges contributions received in December in honor of the following individuals: Dick Breiter, Pat Goodrich, Jim Middleton, Judy Remington and Roger Stoufer.

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 Greater Mankato community maintain their independence and health as they age.

Memorials exceeding \$200 will receive a brick with their loved one's name installed in the VINE Adult Community Center.

For more information, contact Marissa at (507) 386-5580.

SHINGLES VACCINE CLINIC

- Monday, March 6, 12 – 3 pm &
Tuesday, March 14, 9 am – 12 pm

Two doses of Shingrix provides strong protection against shingles. Contact VINE to make appointment.

MEET VINE'S SNOW ANGEL VOLUNTEER

While many of us are carefully navigating our icy sidewalks and driveways after the last few months of precipitation, VINE member and volunteer Kathy Jacobson uses her trusty shovel and multiple ice chippers to clean her pavement to perfection.

When she joined VINE three years ago, she started volunteering to clear driveways almost immediately. "It was time to give back," Kathy said.

Kathy doesn't just volunteer to give back, she also appreciates the opportunity to get active. "It's good, you can miss exercise class if you're going to be outside!"

A rarity in these parts, Kathy likes winter. After a snowstorm, she receives a text from Jim, the VINE Chores Coordinator. She drives herself and brings her own shovel to homes that need an extra hand. She told Jim once about her shovel saying, "This is the one I like, this is the one that gets the most off."

When Kathy isn't shoveling her driveway or someone else's, she visits VINE to meet up with friends at an exercise class or quilts. She's also looking forward to more traveling in the upcoming year.

We need more Kathys in our community, folks who embrace the cold and lend their skills and abilities to those who could use the help.



TRAVEL WITH VINE TO PORTUGAL

November 7 - 16

Join your friends at VINE for a fun trip to sunny Portugal this fall! Highlights include visiting the Portuguese Riviera, Lisbon, Belem, Obidos, Sintra, Arraiolos, Cork Factory, Evora, winery visit, Alentejo, Monsaraz, Lagos, Algarve, Faro, Tavira, 4 UNESCO World Heritage Sites and Azeitao.

VINE is partnering with Collette Travel for this guided trip with a portion of the proceeds benefiting VINE.

Book before May 5 and save \$200 per person!

Single: ~~\$4,099~~ \$3,899

Double: ~~\$3,599~~ \$3,399

Triple: ~~\$3,569~~ \$3,369

Included in the price: round trip air fare from Minneapolis St. Paul, taxes and fees/surcharges, some meals and hotel transfers.

Optional 3-night pre-tour extension to Porto or 4-night post-tour extension to Madeira Island available.

Reservations are first come, first serve and can be made online at vinevolunteers.org or by stopping at the VINE Adult Community Center.

Contact Meghan at (507) 386-5587 or meghanv@vinevolunteers.org for more information.



We offer 3 membership levels to best suit your needs

SOCIAL

FITNESS BASIC

FITNESS 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 	<p>Amenities of Social level plus:</p> <ul style="list-style-type: none"> Indoor Walking Track Discount on Group Fitness Classes Billiards Trekking <p>Qualifies for most insurance reimbursement programs; making membership free.</p>	<p>Amenities of Social & Basic levels plus:</p> <ul style="list-style-type: none"> Full-Service Fitness Center Warm Water Exercise Pool Free Fitness Assessment Group Fitness classes <p>May qualify for reduced rate with insurance reimbursement programs.</p>	



home thrift store

OPEN:
Tuesday – Saturday
10 am – 6 pm
77 Star Street, Mankato
(507) 387-2699
vinestore.org

VINE HOME THRIFT STORE

In honor of St Patrick's Day, anyone wearing green on March 17 will get 10% off their entire purchase.

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

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 on a limited basis. Please call the store for more information.

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



Donate · Shop · Volunteer

