

THE VIEW from VINE

JANUARY 2024



Adult Community Center

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

Friday: 6 am - 5 pm

Saturday: 8 am - 12 pm

VINE will be closed January 1 for New Years.



VINE is redefining aging & promoting the wellbeing of aging adults through programming, services & community engagement.



DON'T HIBERNATE THIS WINTER

As the winter chill settles in, there's an undeniable temptation to hibernate indoors, wrapped in blankets and sipping hot cocoa. However, at VINE we believe that winter is not a time to retreat but an opportunity to engage both mind and body in new and exciting ways.

Keep your mind engaged. We've created a series of activities to keep your brain sharp. From engaging book clubs that explore diverse genres to thought-provoking presentations and on-going social groups such as Bridge, 500, art classes, Memoirs and the DeVINE Singers. Our goal is to ignite the spark of curiosity within each of our members to try something new or to stay active doing the things you love.

Keep your body moving. The colder months can also be a deterrent to physical activity, but staying active is more critical than ever. Our fitness programs encompass a variety of activities, from gentle yoga to the invigorating indoor walking track. Our wide array of fitness opportunities not only keep joints flexible but also boost mood and overall well-being.

Colleen Yee, a VINE Fitness Instructor, provides a guide in optimizing winter wellness strategies. "Winter activities often require extra strength and balance so there is a need to incorporate strength exercises into your routine. Focus on your core, the powerhouse that stabilizes your body and protects your back. When you get up in the morning or before you go out, do neck, wrist and ankle stretches, as loosening up the muscles is important." Colleen also suggests utilizing VINE's virtual classes that are tailored to keep you active from the comfort of your home while building strength and flexibility in a supportive environment.

Winter should never equate to isolation. Our VINE educational events, social gatherings and fitness opportunities are meticulously designed to foster connections and combat the winter blues. Join us for an atmosphere of warmth and camaraderie. As we embark on winter together, let us not only celebrate the season but actively participate in activities that nourish our minds and bodies.

Meet our new Guest Experience Manager, Alex Maes. Alex began in November and is excited to be a part of the VINE Team and get to know all our members. Please join us for a "Coffee Brews and Views with the CEO and the GEM," on January 19 from 9:15 - 10:15 am in the 5th Floor Members Nook.



Alex Maes

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+ and 3 business days' notice)
- meals delivered to your home (Mankato, North Mankato, Eagle Lake)
- friendly visits for support - Caring Connection
- gutter cleaning, raking and shoveling snow
- caregiver support
- mental health care (60+)
- support for non-English speaking immigrants (60+)

For more information, contact a Community Living Coach at (507) 387-1666.

MENTAL HEALTH CARE

Winter can be a difficult time of year, with colder weather and less sunlight. VINE offers affordable mental health care for older adults in Blue Earth, Nicollet, Le Sueur and Watonwan Counties. PEARLS is an evidence-based program for people 60+ experiencing symptoms of depression. Working with a PEARLS Coach, individuals create personalized problem-solving plans with life-enrichment activities. Sessions are \$5 each and can last 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. Call Glenda at (507) 386-5571 to learn more.

INDIVIDUAL CAREGIVER COACHING

Are you a caregiver? Do you pick up groceries, make food or drive a loved one to appointments? 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 draining.

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 (507) 387-1666 to set up a coaching session. There is no formal charge, but donations are welcome.

Services supported in part by:



MEMORY SCREENINGS

- Wednesday, Jan. 3
1 – 3 pm
Zion UCC, Le Sueur

Are you concerned about your memory? VINE's Caregiver Coach, Glenda, is offering free 15-minute individual memory screening appointments. These appointments are a great tool for anyone worried about memory loss or for those who want to establish a baseline. Call VINE at (507) 387-1666 to schedule an appointment.

CAREGIVER SUPPORT GROUPS

All of VINE's services, including these caregiver support groups and individual coaching sessions, are open to people of any ethnicity, race, gender or sexual orientation. Without support, caregiving can be difficult and isolating. Gain insight and encouragement from others. Registration is required.

Mapleton Support Group

1st Tuesday of the month

Tuesday, Jan. 2, 2:30 – 4 pm
St. Teresa Catholic Church,
Mapleton

Le Sueur Support Group

1st Wednesday of the month

- Wednesday, Jan. 3, 3 – 4 pm
Zion UCC, Le Sueur

Call (507) 386-5583 to register.

Mankato Support Group

Wednesdays at VINE Adult Community Center

- Wednesdays, Jan. 10 & 24
1:30 – 3 pm
- Wednesday, Jan. 17
5:15 – 6:15 pm

To register, call (507) 387-1666 or email vine@vinevolunteers.org. VINE can also help you find a virtual caregiver support group.

MEMORY CAFÉ

- Wednesday, Jan. 17
11:30 am – 12:30 pm

A Memory Café is a comfortable gathering for people with memory loss and care partners to connect, socialize and build new support networks. Memory Café is held the third Wednesday of the month, facilitated by VINE's staff. Reminisce while you enjoy a treat. Call (507) 386-5571 to register.

VINE SURVEY RESULTS

Staff, board members and community members are planning for VINE's future through three strategic planning committees. One of the committees is tasked with determining how VINE delivers relevant services and supports that evolve with the aging adult population and community. Part of this work involves surveying volunteers, care receivers and VACC members.

Care Receiver Survey Results

Surveys were mailed to care receivers who received Chores, Transportation, Meals on Wheels and/or Caring Connection services (some programs use other surveys to collect data). 83% of respondents were satisfied with the VINE services they received and would recommend VINE to others. Survey results indicated that VINE is doing a good job serving the community, but some individuals are unaware of all the services that VINE offers. Although individuals are informed about all the services available at the time of intake, staff feel as if additional marketing may be helpful.

Stakeholders will use this data and data from the other surveys to plan for future programming and services to meet the needs of the community. For more information, please contact Adam or Jen at (507) 387-1666.

Proud Partner Agency



Greater Mankato Area
United Way

VOLUNTEERS URGENTLY NEEDED

We are looking for individuals or groups who can deliver Meals on Wheels 1 day every other week for 1.5 hours. We are also looking for individuals or groups who can assist with snow removal this winter. Volunteers shovel whenever it snows 2 inches or more. Call Adam at (507) 386-5574 for more information.

NEED A RIDE THIS WINTER?

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

Anyone can utilize this service and all buses come equipped with a mobility lift for those who need help getting on or off the bus. We pick you up at your door in a warm bus and drop you off exactly where you need to go. Relax, while we worry about the roads.

Reservations are required and can be made by calling (507) 388-8783 or online at truetransit.org.

MIND SHARPENER

- Tuesdays & Thursdays
Jan. 9 - March 28, 10 – 11 am
- Cost is \$50 for 24 sessions

Is your mind not as sharp as it used to be? This 12-week cognitive training course helps people with normal memory train their brain. Participants meet with trained VINE staff to work on six different cognitive domains. Everyone will meet with Dr. Jeff Buchanan, MSU Psychology Professor, prior to the course to complete a pre-test and have the option of participating in a research study. Call Mary at (507) 386-5577 to learn more and sign up.



Jean, Carla & Vonnie

VINE'S VISITING PROGRAM: CARING CONNECTION

Jean Fiskey, Carla Butcher and Vonnie Kelling began their Caring Connection (CC) a year ago. When Carla retired, she knew she wanted to volunteer. "Someone mentioned VINE to me and when I heard about CC at volunteer orientation, I told myself, 'That's it!'" She was then connected with Jean and Vonnie, retired elementary teachers. Jean was born and raised in Salem, SD; Vonnie in Waldorf, MN. When they arrived in Madelia to begin teaching, the Madelia Superintendent encouraged them to meet each other, given their common backgrounds. Since then, Vonnie and Jean have been friends, have lived together and taught in elementary schools in MN, CO and the Philippine Islands. Retirement brought them to Mankato in 1995. Both women love to visit and enjoy the "outside interaction" Carla provides. They generally chat over coffee and treats at Jean and Vonnie's home, but also enjoy occasional outings at Minneopa State Park and the Rapidan Dam Store. Visiting the Kiwanis Holiday Lights with Carla and her husband, Bruce, was a recent highlight. In describing her connection, Carla remarked, "I love people and feel so blessed because I got these two!"

If you know someone who could benefit from this service or if you can volunteer to provide visits, contact Joyce at (507) 386-5583, joycek@vinevolunteers.org.

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.



TRAVEL WITH VINE

- Monday, Jan. 8
- 12 – 1 pm
- Katie Ganshert, Collette Travel

Set sail with VINE and Collette Travel on our Maritimes Coastal Wonders trip to beautiful Nova Scotia this summer. Katie will talk about the itinerary and answer any questions. Seats are available until January 28. You may even hear about where we will be traveling to in 2025!

VIRTUAL AT VINE: NEW HOPE IN SHARK CONSERVATION

- Monday, Jan. 8
- 5 – 6 pm
- Virtual Presentation by Dr. Demian Chapman, Senior Scientist & Program Manager, Sharks & Rays Conservation, Mote Marine Laboratory

Dr. Chapman, the lead scientist for the international initiative, Global FinPrint, which is the world's largest shark survey, will be presenting live virtually from the Mote Marine Laboratory. He will show how his studies have provided new hope in saving a species of shark from extinction.



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

MANKATO MUSIC & MEMORIES

- Tuesday, Jan. 9
- 11 am – 12 pm
- Peter Steiner, former KTOE radio host & Shelley Harrison, BECHS Collections Manager

The Blue Earth County Historical Society's "Music and Memories" exhibit featured posters and memorabilia of Mankato's legends from 1963 to 2000, including Mankato's most successful pop group, The Gestures, and the rise and fall of the annual People's Fair. Pete Steiner, brother of local MN Music Hall of Famer, Billy Steiner, and Shelley Harrison of BECHS will share a multi-media presentation on the music and sociology of the era.

VIRTUAL AT VINE: WHAT IS FREEDOM?

- Tuesday, Jan. 9
- 3 – 4 pm
- Virtual Presentation by Fort Monroe Authority

What is freedom? Is there a single definition that fits everyone throughout history? Discover the narratives of individuals in the history of Fort Monroe and Old Point Comfort, from the first landing of Africans in 1619, the Contraband Decision of 1861, formation of the United States Colored Troops, and their unique experiences with the word freedom.

UPDATE ON THE CONFLICT IN UKRAINE & GLOBAL IMPLICATIONS

- Wednesday, Jan. 10
- 11 am – 12 pm
- Dr. Mimi Gerstbauer, Professor, Political Science & Peace,

Justice & Conflict Studies,
Gustavus Adolphus College

Russia launched its full-scale invasion of Ukraine in early 2022. Nearly two years later, the conflict seems to have reached a stalemate, with tremendous loss of life and destruction of territory. What is the current situation with Ukraine and Russia, and what are the implications of this conflict for other global players such as China and the U.S.?

DIABETES PREVENTION PROGRAM INFO SESSION

- Wednesday, Jan. 10
- 1:30 – 2:30 pm
- Free & open to the public

Learn about VINE's Diabetes Prevention Program, a free year-long program that helps individuals improve their holistic health with the purpose of preventing Type 2 diabetes. Call Jen to determine your eligibility and sign up at (507) 386-5588.

TAKE FLIGHT WITH MSU AVIATION

- Thursday, Jan. 11
- 11 am – 12 pm
- Willy Mekeel, Professor of Aviation, MSU Mankato

MSU Mankato's Aviation program leads the industry in providing future flight professionals top-quality instruction. It is the only four-year, accredited aviation program in the state. Hear what is going on in the education of our future flyers and the aviation industry.



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

COOKING FOR 1 OR 2

- Friday, Jan. 12 or 19
- 11 am – 12 pm
- Kelly Kunkel, University of Minnesota Extension Educator

Take the guesswork out of what to purchase and cook for one or two people by using the 14-day menu kit from the U of M Extension. The kit includes a menu, shopping list and accompanying recipes. Come to class prepared to cook, sample and enjoy some new foods. Class size is limited and both sessions are the same. Sign up for one.

WORKING HAND IN HAND

- Tuesday, Jan. 16
- 12 – 1 pm
- Trisha Anderson, Executive Director, Partners for Housing

Hear how the collaboration of South Central MN Food Recovery and Partners for Housing serves members of our community. SCMFR rescues large quantities of fresh food bound for landfills and converts it into ready-made meals to be distributed to the community. Learn the logistics behind their volunteer operation and how tons of food is rescued annually, making a significant difference in environmental sustainability and community well-being.

GETTING AROUND MANKATO

- Tuesday, Jan. 23
- 11 am – 12 pm
- Ron Decker, TRUE Transit & Todd Owens & Shawn Schoesser, Mankato Transit



Dependable and affordable transportation is vital for community well-being. VINE and the City of Mankato recognize transportation's essential role in activities like shopping and medical visits. Learn about the various transportation options in our area, navigating the Mobility Bus with a Personal Care Attendant, Mankato's Bus Tracker and TRUE Transit's services. You can also tour a Mankato bus.

INVESTMENT FEES & HOW THEY WORK

- Wednesday, Jan. 24
- 11 am – 12 pm
- Mark Kluender, Retired Financial Advisor

Explore the intricacies of mutual fund fees, delving into both initial purchase charges and ongoing operating expenses. Hear of the distinctions in fees when acquiring mutual funds directly from brokerage firms like Schwab, Fidelity and Vanguard. Mark will go beyond mutual funds to explain the fee structures associated with stocks, ETFs and various other investments.

FIVE WISHES

- Wednesday, Jan. 24
- 4 – 5 pm
- VINE Staff

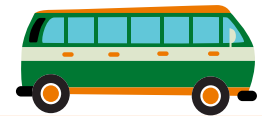
Five Wishes is a living will that gives a format to state your personal, emotional and spiritual needs and medical wishes. You choose the person you want to make health care decisions for you if you cannot speak for yourself. Once completed and properly signed, it is valid and legal under MN law. Additional \$5 for the document.

COMPUTER UNIVERSITY: DIGITAL PHOTOGRAPHY

- Monday, Jan. 29
- 5:30 – 7 pm
- Trevor Waagner & Colin Chambers, Mankato Computer Technology & Lizzie Rossow, Smell the Roses Memory Creation



Learn the technical side of organizing and saving your digital pictures and simple editing features included in basic software. Hear editing tips and tricks from a professional photographer to ensure you are making the most of the tools you have available.



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.

MINNESOTA HISTORY CENTER: CHARLES SCHULZ EXHIBIT

Wednesday, January 24

Immerse yourself in captivating exhibits that showcase the state's vibrant past, from its Native American heritage to its modern innovations. Explore interactive displays, discover fascinating artifacts and gain a deeper appreciation for the diverse stories that have shaped Minnesota. The Charles Schulz exhibit will be featured for fans of the beloved Peanuts Gang!

Cost: \$55 (lunch not included)
Register by January 8.

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

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Open during building hours

CRIBBAGE

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Tuesdays: 1 – 3 pm

DEVINE SINGERS

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Mondays: 1 – 2 pm

Call Peg (507) 345-3242.

DUPLICATE BRIDGE

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Mondays & Wednesdays:
1 – 4 pm

Call Raj (507) 351-0133 to register.

GET YOUR YARN ON

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Wednesdays: 10 – 11:30 am

Bring your own craft & supplies.

ART QUEST STUDIO

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Tuesdays: 1 – 3 pm

Art Guild with Open Studio
(Bring your own supplies)

Jan. 2, 9, 16, 23 & 30: An opportunity to work on your own art while visiting with other artists.

Wednesdays: 1 – 3 pm

Paint & Draw (supplies provided)

Jan. 3, 10, 17, 24 & 31: We will be working with acrylic paint on canvas as we look at how to mix color. Students will select a colored photograph of their choice.

MAHJONG

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Mondays: 1 – 3 pm

Call Susan (507) 571-0091 to register.

MEMBERS NOOK

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Open during building hours

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

MEMOIRS

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Tuesdays: 10:30 am – 1 pm

Get your life stories down on paper.

MEMBER FUN HOUR

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Held the 3rd Wednesday of the month at 5 pm, rotating between game night and book club.

Jan. 17: Game Night - Pokeno:
Bring a prize valued at \$10 to play.

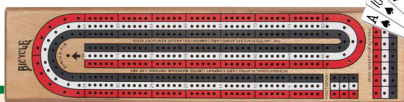
PING-PONG

S

Mondays: 10:30 am – 12:30 pm

Wednesdays & Fridays:

11:30 am – 1:30 pm



Thursdays: 1 – 3 pm

Art for Everyone (supplies provided)

1/11: Create a winter village for the walking track

1/18: Design a Zentangle Snowflake

1/25: Grid Drawing

GALLERIES

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



SOCIAL BRIDGE

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Thursdays: 2 – 4 pm

Call Arlyce (507) 317-0617 to register.

SPELLERS

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Fridays: 10:15 – 11:15 am

Practice spelling for fun with peers.

VINE AFTERNOON CARDS

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Fridays: 2 – 4 pm

Play a new card game each week.

VINE STOMPERS

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Wednesdays

2:15 – 4 pm (beginners at 2:15)

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

TRIVIA HOUR

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- Thursday, Jan. 25
12 – 1 pm

Join us to test your wits and share laughs as every question is an opportunity to learn and connect.

2nd FLOOR

"People of the World," showcases diverse subjects from various countries focused on seeing and creating with pencil and accenting with various color media. Works on display through January.

5th FLOOR

"Four Create," is on display January 10 - February 28. The exhibit features the combined works of four VINE artists, Peggy Draheim, Judith Forster, Carol Stott and Karen Verburg.

Happy New Year! If your insurance has changed, please be sure to inform VINE staff so we have the newest information on file for you.

FITNESS CENTER



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

Monday – Thursday:
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:
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

1/4: Hiniker Pond

1/11: Traverse Des Sioux

1/18: Weagel Park

1/25: Land of Memories Park



Our building is busiest on Monday & Wednesday mornings. If you want to avoid the crowd, we recommend visiting in the afternoon. If our lot is full, additional parking is available in the Blue Earth County Historic Courthouse upper lot off 5th Street.

BONUS CLASS OFFERINGS



Try one of these limited-time classes. Drop-ins are welcome and registration is recommended.

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

TAPFIT®

- Thursdays, Jan. 4 – Feb. 29
4:30 – 5 pm

A tap dance fitness program that strengthens your brain's neural pathways while enjoying rhythmic beats. No dance experience necessary. Slip on taps available.

PICKLEBALL TRAINING TIPS

- Tuesdays, Jan. 9 – 30
11:30 am – 12 pm

This strength-focused tubing workout uses effective and manageable resistance techniques. Enhance speed, increase endurance and decrease the risk of injury.

RESTORATIVE YOGA

- Fridays, Jan. 12 & 26
1 – 2:30 pm

A gentle, slow, still style of yoga that involves long, passive holds. Poses are supported by props to enhance or deepen the experience and achieve a state of total relaxation and release. Registration required.

AGING GRACEFULLY WITH MANKATO BALLET

- Mondays, Jan. 15 – Feb. 5
11:30 am – 12:15 pm (hybrid)

A ballet-focused creative movement dance class geared toward people 60+ offering the mental and physical benefits of dance in a fun environment. Join in-person or virtually. Register for email link.

SUN MOON YOGA CLASSES



Classes taught by Sun Moon Yoga (SMY) instructors at VINE:

- Mondays, 5:30 – 6:30 pm:**
Power Yoga
- Tuesdays, 9 – 10 am:**
All Levels Yoga
- Wednesdays, 5:30 – 6:30 pm:**
Vinyasa Flow
- Thursdays, 5:30 – 6:30 pm:**
All Levels Yoga
- Saturdays, 10 – 11 am:**
All Levels Yoga

Winter session begins January 8. Premium members can access these classes each week for free, while basic and social members can pay \$5 (basic) and \$8 (social) per class. Space is limited. Register online at vinevolunteers.org or by calling (507) 387-1666.

DEMENTIA FRIENDLY FITNESS



- Tuesdays & Fridays
11:30 am – 12:15 pm
- Free & open to the public

Caring for someone with dementia can be a challenge for both to stay active. Research shows that physical exercise helps caregivers and those diagnosed with dementia sleep better, decreases stress, provides social opportunities and improves mood. Exercise may also slow mental decline and improve self-care ability. This exercise class for those with cognitive impairment and their caregiver focuses on strength building, flexibility and endurance. Exercises can be done from a chair or standing and modified for all abilities. Call Jen to register at (507) 386-5588.

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.

Help us keep our pool clean. 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 – 5:15 pm

Wednesday

6 – 9:30 am
5 – 6 pm

Friday

6 – 9:30 am

Saturday

8 – 9:30 am
10:30 – 11:30 am



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

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
5:15 – 6 pm: Aqua Zumba

Friday

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

Saturday

9:30 – 10:15 am: Rotating class
1/6: Aqua 2
1/13: Aqua Zumba®
1/20: Aqua Yoga
1/27: Aqua Kickboxing

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 Zumba: Dancing in the water! Aqua Zumba is classic aqua aerobics with Latin flavor added.

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	The VINE Adult Community Center will be closed January 1. Register online for aqua classes & lap swim at vinevolunteers.org or call (507) 387-1666. Class sizes are limited. Please cancel if you are unable to attend.	
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 – 5:15 pm		
Open Swim 3 – 6 pm	Aqua 2/3 5:15 – 6 pm		Aqua Zumba 5:15 – 6 pm		

GROUP EXERCISE CLASSES



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

Monday

8:15 am: Move it More
9 am: Chair Yoga
10:15 am: Combo Fit **new time*
1 pm: Parkinson's Powerful Principles
1 pm: Chair Stretch & Flex *(hybrid)*
4:30 pm: Cardio-Strength
5:30 pm: Power Yoga **SMY*

Tuesday

8:30 am: Stretch & Flex
9 am: All Levels Yoga **SMY*
9:30 am: Zumba®
10:30 am: Barre
10:30 am: Chair Yoga
1 pm: Forever Fit

Wednesday

8:15 am: Move it More
9 am: Chair Yoga
10:15 am: Combo Fit **new time*
1 pm: Chair Yoga *(hybrid)*
4:30 pm: Cardio-Strength
5:30 pm: Vinyasa Flow Yoga **SMY*

Thursday

8:30 am: Roll & Restore
9:30 am: Zumba
10:30 am: Chair Yoga
10:30 am: Pilates
11:30 am: Strike Strong
1 pm: Forever Fit
1 pm: Parkinson's Powerful Principles
5:30 pm: All Levels Yoga **SMY*

Friday

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

Saturday

8:30 - 9:15 am: Rotating Class
10 - 11 am: All Levels Yoga **SMY*



STRENGTH



CARDIO



BALANCE & RELAXATION

GROUP EXERCISE CLASS DESCRIPTIONS



Barre 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 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. *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*



Parkinson's Powerful Principles focuses on large & fine motor muscles to improve balance & coordination. *Level 1/2*



Pilates emphasizes proper postural alignment & core strength. 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*



Strike Strong incorporates drumsticks, a stability ball & music for a fun full-body workout. *Level 2*



Yoga classes are instructional, focusing on alignment & a mindful experience. Modifications are provided. *Level 2/3*
**Taught by Sun Moon Yoga (SMY) instructors*



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

The VINE Adult Community Center will be closed January 1.

Saturday Rotating Class

8:30 - 9:15 am

1/6: Cardio Strength

1/13: Tapfit

1/20: Stretch & Flex

1/27: PiYo

HEALTH & WELLNESS

MASSAGE MONDAYS

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

- Monday, Jan. 8
10:15 am – 12:15 pm

SNOWSHOE RENTAL

Enjoy the great outdoors this winter by snowshoeing. Snowshoes and trekking poles are available to rent for \$25 for the season. Items must be returned by March 31.

Contact Lisa J. at (507) 386-5585 to reserve your set.



PICKLEBALL AT THE PICKLEBARN

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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, Jan. 18
2 – 3 pm
Meet at Picklebarn
- Free for VINE members
- Registration required

Tour the Picklebarn and learn more about Pickleball.

WELLNESS SERIES

Our evidence-based wellness series include weekly classes with a start and end date. Call Jen at (507) 386-5588 to sign up for these series.

TAI CHI FOR HEALTH LEVEL 1

- Mondays & Thursdays
Jan. 8 – Feb. 15
9 – 9:45 am

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

WALK WITH EASE

- Mondays, Wednesdays & Fridays, Jan. 15 – Feb. 23
11:30 am – 12:30 pm

Reduce pain, improve your health and be more active. Join Walk with Ease, a free program from the Arthritis Foundation that provides health education, motivation and tips to increase your mobility.

DIABETES PREVENTION PROGRAM (DPP)

- Wednesdays, beginning Jan. 24
1:30 – 2:30 pm

A year-long program that helps individuals improve their holistic health with the purpose of preventing Type 2 diabetes.

KNEE REPLACEMENT CLASS

- Mondays & Wednesdays,
Jan. 29 – March 20
5:30 – 6:30 pm

After your knee replacement and physical therapy, join this supervised, small group to regain strength, flexibility and stamina. Basic & Premium members \$80, Social & public \$200.



PERSONAL TRAINING

Have you been out of the workout habit, in a workout plateau or need a change? Do you need help and advice or more guidance with your chronic condition? VINE's certified personal trainers (CPTs) can help. Personal training is a supervised, one-on-one workout where the CPT creates programs based on your specific goals. Programs are designed for land or water workouts.

Cost: Premium members \$30/30 minutes, \$50/hour.

Call Jen at (507) 386-5588 with questions or to sign up with a CPT.

VIRTUAL VINE

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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 videos, email lisaj@vinevolunteers.org.

What is a hybrid class?

You may attend a hybrid class in-person or virtually on Zoom. Register to receive the Zoom link.

CARDIAC REHAB GROUP

- Jan. 16, 1:30 – 2:30 pm

Tour VINE and meet other cardiac rehab participants and trained staff to support your continual effort to stay heart healthy. Offered the 3rd Tuesday of every month. Free and open to the public.

VOLUNTEER ORIENTATION

- Thursday, Jan. 4
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, drive people to appointments and assist with snow removal. Applications may be completed in advance at vinevolunteers.org.

VINE MEMORIALS

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 4" x 8" brick with their loved one's name installed in the VINE Adult Community Center. Memorials exceeding \$400 will receive an 8" x 8" personalized brick.

For more information, contact Marissa at (507) 386-5580 or marissap@vinevolunteers.org.

ROOM RENTALS AVAILABLE

The VINE Adult Community Center has several rooms available for rent. It's the perfect venue for your upcoming holiday, birthday, anniversary or retirement party. We have plenty of space needed to make your get-together memorable.

Visit vinevolunteers.org for more information or contact Alex at alexm@vinevolunteers.org or (507) 386-5587.

TRAVEL THE WORLD WITH VINE

VINE is partnering with Collette Travel for guided trips around the world with a portion of the proceeds benefiting VINE. Sign up for this amazing adventure.

- **Maritimes Coastal Wonders, July 28 – Aug. 7, 2024:** Beginning at \$4,649. Explore the picture-perfect region known as Canada's Maritime Provinces. Venture along its rugged and pristine beauty, all while getting to know its Acadian, Mi'kmaq and Gaelic cultures.

Reservations are first come, first served and can be made at VINE or vinevolunteers.org. Questions? Contact Meghan at (507) 386-5576.



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 \$15 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, stop at the front desk and pick one up.



MEET OUR VOLUNTEERS

Kristi Burtzel brought her nurturing touch to VINE's walking track with her green thumb and passion for gardening. After joining VINE in August, Kristi recognized a need for her skills and spent her time transforming the plants along the track. Despite summer not being an ideal time for transplanting, Kristi's dedication and care have led to their flourishing. Kristi meticulously repotted, gave refreshing showers to eliminate dust and bugs, and continues to ensure our plants' overall well-being.

In addition to being a volunteer in the building, Kristi is also a Caring Connection visitor and helps her neighbors by shoveling snow. Kristi enthusiastically recommends volunteering, emphasizing the joy it brings and the diverse ways it allows her to contribute to the community. Outside of her volunteering duties, she spends her free time studying gardening techniques and planning for her upcoming spring gardens. Thanks to Kristi and volunteers like her, for making VINE a beautiful place.

BLOOD DRIVE AT VINE

- Friday, Jan. 5
11 am – 4 pm

VINE is hosting a blood drive for the American Red Cross. Make an appointment at redcrossblood.org or on the blood donor app. Walk-ins welcome too.

SOCIAL

FITNESS BASIC

FITNESS PREMIUM

PRICE	\$10/month \$120/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>	



VINE HOME THRIFT STORE

Thank you to everyone who shopped, donated or volunteered at the store in 2023! Start the new year off right with a visit to the VINE Home Thrift Store.

Donation Drop Off & Pickup

We accept furniture and household items in good condition from non-smoking homes. We have limited pickup availability, please call the store for information. Tax receipts available.

Drop off hours are between 10 am – 5:30 pm, Tuesday – Saturday based on available space at the store. Please call the store for more information.



Donate · Shop · Volunteer

OPEN:

Tuesday – Saturday
10 am – 6 pm

77 Star Street, Mankato

(507) 387-2699

vinestore.org

