

THE VIEW from VINE

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



Beth, Jen & Raymond

HEART HEALTH MONTH

As February unfolds, we would like to shine a light on a matter close to our heart - literally! It's American Heart Month and VINE is dedicated to promoting heart-healthy living all year. We understand the significance of maintaining a healthy heart and our team is here to guide you every step of the way. Whether it's through

fitness classes, healthy nutrition presentations or stress-relieving activities, we've curated a wide array of programs to support your heart's well-being.

Meet Raymond and Beth. Raymond's health journey began at VINE, where he initially took Living Well with Diabetes. Simultaneously enrolled in cardiac rehab with Mayo Clinic and VINE's Stepping On program with his wife, Beth, Raymond's commitment to his health journey increased. The turning point came when Raymond received a flyer about VINE's cardiac rehab group. After a few meetings, Raymond and Beth made the decision to join the VINE Adult Community Center, drawn by the noticeable benefits of regular exercise, improvements in overall well-being and the supportive environment.

"The heart is a muscle, and like any muscle, it strengthens with exercise," remarks Jen Wunderlich, VINE's Certified Personal Trainer. "Regular physical activity not only strengthens the heart but also contributes to overall cardiovascular health." VINE offers a unique advantage with our collaboration within the medical community. Through this partnership, VINE can seamlessly fill in the gaps during the maintenance phase, ensuring that our members receive continuous support and care on their heart-healthy journey.

VINE recently introduced a monthly Cardiac Rehab Group, conducted every 3rd Tuesday. Our staff provides a guided tour, showcasing how fellow cardiac rehab participants maintain heart health with assistance from peers and professionals.

At VINE, we believe in holistic well-being. Our focus on heart health is year-round and members can take advantage of heart-healthy activities, including:

- Cardiovascular fitness classes, on land and in the warm water exercise pool
- Nutrition programming and healthy cooking demonstrations
- Stress management, including new class Serene Silent Meditation (see pg. 7)
- Walking on the indoor, cushioned track
- Social well-being, including our ongoing groups and educational programs

Our dedicated team is committed to fostering an environment where you can thrive and your heart can flourish just like Raymond and Beth.

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:



FREE HEALTHY MEALS

- Tuesday, Feb. 6 at 2 pm
Blue Earth County Parking Lot
(upper lot off 5th Street)

LSS of MN and MNRAAA provide 10 meals to anyone 60+ years old. Meals are available on a first come, first served basis in the parking lot across the street from the BEC Courthouse. Paperwork is to be completed at the pick-up.

CAREGIVER SUPPORT GROUPS

Without support, caregiving can be difficult and isolating. Gain insights and encouragement from others. Beginning this month, there is an additional group on the 3rd Thursday. Every support group will be limited to 10 participants, so pre-registration is required.

Call (507) 387-1666 or email vine@vinevolunteers.org.

Mapleton Support Group

1st Tuesday of the month

Tuesday, Feb. 6, 2:30 – 4 pm
St. Teresa Catholic Church,
Mapleton

Le Sueur Support Group

1st Wednesday of the month

- Wednesday, Feb. 7, 3 – 4 pm
Zion UCC, Le Sueur

Call (507) 386-5583 to register.

Mankato Support Groups
at the VINE Adult Community Center

- Wednesdays, Feb. 14 & 28
1:30 – 3 pm
- 3rd Thursday of the month,
Feb. 15, 3 – 4 pm **new group*
- 3rd Wednesday of the month,
Feb. 21, 5:15 – 6:15 pm

MEMORY CAFÉ

- Wednesday, Feb. 21
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 3rd Wednesday of the month, facilitated by VINE's staff. Reminisce while you enjoy a treat. Free and open to the public. Call Glenda at (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 support that evolve with the aging adult population and community. Part of this work involves surveying volunteers, care receivers and VACC members.

VINE Adult Community Center (VACC) Survey Results

VACC members were asked by email about what activities they take part in, the frequency of their visits, their satisfaction with the programs, classes, instructors, staff, building cleanliness and audiovisual equipment and were asked for their general comments and suggestions. 430 individuals completed the survey. Most members are visiting the VACC 2-4 times per week and the majority (more than 95%) rated the programs, classes, instructors and facilitators as excellent or good. Staff friendliness, helpfulness, building cleanliness and visual equipment capabilities received high marks as well.

We will share the comprehensive survey results on our website, vinevolunteers.org.

Stakeholders will use this data and other surveys data 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.

SNOW REMOVAL HELP NEEDED

We are looking for individuals or groups who can assist with snow removal when the snow falls. You can either accompany our staff or adopt a house in your neighborhood. Crews go out to shovel whenever it snows 2 inches or more. Call Adam at (507) 386-5574 for more information.



TRUE TRANSIT EXPANDS

TRUE Transit is now providing rides between Eagle Lake and Mankato and North Mankato, after Mankato's Public Transit system stopped providing these rides. TRUE Transit has provided rides to Eagle Lake residents since 2016, however, due to public transit funding they couldn't duplicate rides that Mankato was offering. Now Eagle Lake residents can go anywhere in Blue Earth, Nicollet and Le Sueur Counties.

TRUE Transit provides dial-a-ride service throughout Blue Earth, Nicollet, and Le Sueur Counties, Monday - Friday between 8 am - 5 pm. Rides are \$5 each way. Reservations are required and can be made by calling (507) 388-8783 or online at truetransit.org.

GET YOUR DUCKS IN A ROW

Are you considering organizing important personal information but unsure where to begin? Simplify the process with our guidebook, available for just \$15. This step-by-step guide will assist you in gathering essential information, ensuring your loved ones have a centralized resource after your passing. Invest in your peace of mind and your family's security – purchase a guidebook at VINE's front desk.



Wesley & Helen



VINE'S VISITING PROGRAM – CARING CONNECTION

Sometimes pictures speak a thousand words. Consider having your family "adopt a grandparent" through VINE's Caring Connection (CC) Program. Volunteer Regina Schmidt and her daughter, Wesley, visit Helen Hudson. "We recently shared special memories with our dear friend Helen celebrating the holiday season. Wesley decided she wanted to be close to Helen while we strolled the halls to enjoy the beautiful holiday decor; she held onto Helen's walker the whole way."

VINE welcomes families, couples and individuals to be volunteers. You don't need to dress alike, as Helen and Wesley did, but we do ask that you visit one of VINE's care receivers about once a week when your schedule allows - daytime, evenings, weekends. If you know someone who could benefit from this service or if you can volunteer, please contact Joyce at (507) 386-5583 or joycek@vinevolunteers.org.

Proud Partner Agency



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.



BALANCING ACT: A GUIDE TO FALLS PREVENTION

- Wednesday, Feb. 7
- 11 am – 12 pm
- Faculty & Students, MSU-Mankato College of Allied Health & Nursing

Learn how to identify fall risk factors and perform basic balance assessments. Foster a proactive approach to falls prevention to enhance your overall well-being. Take a step towards a safer lifestyle and overall health.

VIRTUAL AT VINE: MUSEUMS & SCULPTURES OF MADRID

- Friday, Feb. 9
- 2 – 3 pm
- Virtual Presentation by Central Michigan University, Museum of Cultural & Natural History

Discover the museums and sculptures of Madrid with an international student from Spain. Caroline will share the rich history of several famous institutions within the city and their cultural significance regionally and globally.

VIRTUAL AT VINE: GEORGE WASHINGTON CARVER'S AGRICULTURAL SCHOOL ON WHEELS

- Tuesday, Feb. 13
- 3 – 4 pm

- Virtual Presentation by George Washington Carver National Monument

Learn about an innovative solution to reaching remote tenant farmers, designed and outfitted by George Washington Carver.

CARDIOVASCULAR FITNESS INSIGHTS: YOUR PATH TO A HEALTHY HEART

- Wednesday, Feb. 14
- 1 – 2 pm
- Jen Wunderlich, MS, ACSM-EP



Learn about principles of cardiovascular fitness with practical tools and knowledge to embark on your journey towards a healthier heart. This class is a guide to a stronger, healthier cardiovascular system with the support and advice of VINE's certified personal trainer.

ESTATE PLANNING INSIGHTS FOR SINGLES OR MARRIED WITH NO CHILDREN

- Thursday, Feb. 15
- 11 am – 12:30 pm
- Kim Literovich, Jared Koch & John Christian, Blethen Berens Attorneys

Estate planning can be especially challenging for single people and those who are married but without children. There are many questions. Do I need an estate plan if I don't have children? Who do I leave my assets to? Do I even need an estate plan? I don't have children nor a spouse so who will close out my estate? I don't have anyone to name on my healthcare directive, what do I do? Join estate planning attorneys from Blethen Berens to discuss these questions and options.

FRAUD PREVENTION

- Friday, Feb. 16
- 11 am – 12 pm
- Caitie Brown & Linda Vue, Investigations Division Crime Analysts, Mankato Public Safety

Delve into the world of common scams targeting older adults. From phone and mail fraud to identity theft and online scams, Mankato Public Safety will help equip you with practical tips to recognize, prevent and respond to fraudulent activities. Foster a safer and more secure environment navigating through the digital landscape. Discover the importance of vigilance and gain access to valuable resources.

VINE DINING: LUSH CAKES

- Tuesday, Feb. 20
- 11 am – 12 pm
- 530 N Riverfront Drive #150
- Jessica Freitag, Lush Cakes Owner

Lush Cakes has recently opened its second establishment in Old Town Mankato. Indulge in a selection of salads, sandwiches and sweet delights while owner, Jessica, graduate of Le Cordon Bleu Culinary Institute, tells of how her love of baking brought Lush Cakes to Mankato. Limited space available, please pre-register.

LIBRARY SERVICES IN THE DIGITAL AGE

- Wednesday, Feb. 21
- 12 – 1 pm



(continued on pg. 5)

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

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or call (507) 387-1666

- Kelly McBride, Renee Schneider, Grace Kranz & Jacki Bingham, Blue Earth County Library

Learn about the Blue Earth County Library's offerings with a comprehensive overview, followed by insights into the world of e-books. Hear about their vast digital collection and how to access it. Staff will help you register for a library card and navigate their e-book app.

MANKATO BALLET PERFORMANCE PREVIEW

- Thursday, Feb. 22
- 12 – 1 pm
- Mankato Ballet Company Performers



Members from the Mankato Ballet Company will present several pieces from their upcoming full-length ballet *Midsummer's Eve* based on Shakespeare's *A Midsummer Night's Dream*. Enjoy pieces from the whimsical story of an Elfin King, a Fairy Queen and several star-crossed lovers who are tricked by Puck the mischievous elf.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

- Thursday, Feb. 22
- 1 – 2 pm
- Rebekah Hartman, Alzheimer's Association MN/ND
- Free & open to the public

If you or someone you know is facing Alzheimer's disease, dementia or another chronic

illness, it's never too early to put financial plans in place. Learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

COMPUTER UNIVERSITY: SOCIAL MEDIA

- Monday, Feb. 26
- 5:30 – 7 pm
- Colin Chambers, Mankato Computer Technology

Social media is a dynamic online platform where individuals and communities connect, share and interact. Explore the best practices for navigating social media, understand its inherent value and find the right platform that aligns with your goals and interests.

DISCOVER NEW ZEALAND'S SOUTH ISLAND

- Tuesday, Feb. 27
- 11 am – 12 pm
- Polly Frank, Part-time New Zealander

Join Polly for a presentation featuring 25 years of adventures to New Zealand. You will be immersed in the rich culture, awe-inspiring landscapes and yearly traditions that have made this journey a cherished experience for Polly. Uncover fascinating insights that only one who has traveled a place over and over can give.

THE ISRAEL & HAMAS WAR: CLASHING PERSPECTIVES

- Thursday, Feb. 29
- 11 am – 12 pm
- Dr. Mimi Gerstbauer, Professor, Political Science & Peace, Justice & Conflict Studies,

Gustavus Adolphus College

The Palestinian/Israeli conflict is one of the most complex and intractable conflicts in our world, sparking passionate disagreement. Hear a range of viewpoints and interpretations of the conflict and a reflection on what the future might hold.



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.

THE ORIGINAL ST. PAUL GANGSTER TOUR

Saturday, March 9

Embark on a guided tour through the notorious St. Paul gangster era starting at the historic Castle Royal Nightclub, now preserved as the Wabasha Street Caves. Explore the 5-mile area where notorious criminals like John Dillinger and Baby Face Nelson operated during the prohibition era, uncovering the city's role in bootlegging and criminal activities. Lunch at Pizza Ranch in Shakopee.

Cost: \$89 (lunch not included)
Register by February 16.

NEW ULM GETAWAY

Friday, March 15

Visit a few historic locations in the city of New Ulm, starting with the Brown County Historical Society Museum, then the Historic Turner Hall for lunch and finally, Schell's Brewery to top off the day with samples, a souvenir and tour.

Cost: \$95 (lunch included)
Register by February 26.

PLAY & SOCIALIZE

GAMES & GROUPS

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

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Wednesdays: 9:30 – 11:30 am

BILLIARDS

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Open during building hours

BINGO

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Friday, Feb. 9: 12 – 1 pm

Join us for Valentine's BINGO!

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

Wednesdays: 10 – 11:30 am

Bring your own craft & supplies.

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.

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.

Feb. 21: Discuss the book, *Winter Sisters* by Robin Oliveira.

PING-PONG

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Mondays: 10:30 am – 12:30 pm

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

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) Call Deb (507) 381-9953 to join line dancing.

BEGINNERS BRIDGE CLASS

Wednesdays, Feb. 7 – March 6:
10 am – 12 pm

Learn the fundamentals of bridge. No experience required. \$50 for 5-week session for non-members.

ART QUEST STUDIO

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Tuesdays: 1 – 3 pm

Art Guild with Open Studio
(Bring your own supplies)

Feb. 6, 13, 20 & 27: An opportunity to work on your own art while visiting with other artists.

Wednesdays: 1 – 3 pm

Paint & Draw (supplies provided)
Class capacity is 15, please pre-register.

Feb. 7, 14, 21 & 28: We will be looking at human anatomy and applying this study to produce enhanced drawings.

Thursdays: 1 – 3 pm

Art for Everyone (supplies provided)

2/1: Introduction to Memoir Project
(part 1)

2/8: Illustrating the Stories (part 2)

2/15: Easy line drawing & shading techniques

2/22: Watercolor abstracts

2/29: No Class - take home project

GALLERIES

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

2nd FLOOR

This exhibit showcases art by members of the Paint & Draw class.

5th FLOOR

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



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, through 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.

SERENE SILENT MEDITATION

- Tuesdays, Feb. 6 – 27
8 – 8:30 am

You will be gently guided through the art of silent meditation, allowing you to explore the benefits of stillness and mindfulness. You will be encouraged to turn your attention inward, letting go of external distractions and connecting with the present moment.

CIRCL MOBILITY™

- Tuesdays, Feb. 6, 20 & 27
11:30 am – 12 pm

CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer. Level 3-floor work.

RESTORATIVE YOGA

- Fridays, Feb. 9 & 23
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.

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

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.

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

2/1: Williams Nature Center

2/8: Rasmussen Woods

2/15: Bluff Park

2/22: Arboretum at Gustavus

2/29: Red Jacket Trail (trestle side)



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
2/3: Aqua 2
2/10: Aqua Zumba®
2/17: Aqua Yoga
2/24: Aqua Kickboxing



Register for aqua classes & lap swim at (507) 387-1666 or vinevolunteers.org.

Class sizes are limited. Please cancel if you can't attend.

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		
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
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
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
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*

**Saturday Rotating Class**

8:30 - 9:15 am

2/3: Strike Strong**2/10: Tapfit****2/17: Stretch & Flex****2/24: STRONG Nation**

HEALTH & WELLNESS

MASSAGE MONDAYS

P

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

- Monday, Feb. 5
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, Feb. 15
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.

STEPPING ON

- Tuesdays, Feb. 13 – March 26
10 am – 12 pm

This is a fall prevention class where participants build confidence about balance. Topics also discussed include vision, hearing, medication, footwear and exercises. Free and open to the public.

TAI CHI FOR HEALTH LEVEL 1

- Mondays & Thursdays
Feb. 19 – March 28
9:30 – 10:15 am

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

KNEE REPLACEMENT CLASS

- Wednesdays & Fridays,
Feb. 28 – April 19
1 – 2 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.



CARDIAC REHAB GROUP

- Feb. 20, 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.



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.

Everett Hageman has been using a personal trainer at VINE since 2021. "The individual approach of personal training has allowed me to work towards a goal that would have been impossible to tackle on my own," Everett said. "Jen gave me encouragement and made facing surgery less overwhelming. The guidance, support, and skill building continue post surgery as I recover and regain strength."

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.

VOLUNTEER ORIENTATION

- Thursday, Feb. 15
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 gratefully acknowledges contributions received in December in honor of the following individuals: Nancy, Larry and Tom Corrow and Dale Wiederhoeft.

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. 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 or marissap@vinevolunteers.org.

HELP US FILL OUR WALL OF COMMEMORATIVE BRICKS

The latest batch of personalized bricks was installed on the 2nd floor of VINE. If you're considering a brick, don't hesitate; this is the last wall available for bricks and it's half completed. Order a tax-deductible commemorative brick to honor a loved one, remember someone special or permanently post a quote you find meaningful. You can find order forms at the front desk or contact Marissa at (507) 386-5580.

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. Get ready for a festive treat in late 2024 as we bring you Christmas in San Antonio, TX. And in 2025, embark on a captivating journey to the enchanting Greek Islands! If you are interested in more information, please contact Meghan at (507) 386-5576 or meghanv@vinevolunteers.org.



ROOM RENTALS AVAILABLE

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

Contact Alex at (507) 386-5587 or alexm@vinevolunteers.org.

MANKATO COMMUNITY INPUT

- Tuesday, Feb. 13, 1 – 2 pm & Tuesday, Feb. 27, 4 – 5 pm
- Free and open to the public

The City of Mankato is in the process of updating their strategic plan to guide the city over the next five years to meet the needs of the community. City staff will host input sessions at VINE to gather feedback from our members, volunteers, care receivers and the public.

Karen Lachmiller



VOLUNTEER SPOTLIGHT

Meet Karen Lachmiller, a VINE Meals on Wheels driver who has been brightening lives since 2016! Over time, her husband joined in on the mission, making it a team effort. "I feel like I'm giving back to the community and I really enjoy the people," Karen said.

Her dedication goes beyond delivering meals – it's about building connections and making a positive impact. Karen recently shared a story about a meal recipient, Virginia, who would look forward to the elusive carrot cake, only to feel a twinge of disappointment if it wasn't on the menu. Karen recognized this recurring desire and decided to take matters into her own hands. She personally baked and delivered a homemade carrot cake to Virginia, turning an ordinary day into an extraordinary one. "It wasn't a big deal," Karen modestly insists, but the joy on Virginia's face told a different story. Karen recalls, "Virginia took the cake, put it on her walker, and made a beeline for the elevator. Before I got out of the parking lot, she was enjoying a piece of carrot cake!"

Outside of volunteering, Karen loves to bake. She also gets together weekly with neighbors for coffee, a tradition her mother started. Karen's story reminds us that it's not just about delivering meals; it's about creating moments of joy and connection.

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

Did you know we have more than just furniture? We have a variety of household items, including lamps, kitchenware, linens, tools and much more. Unsure if we accept something? Feel free to call the store and we'll be happy to assist.

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

