



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



Beginning April 1
Not an April
Fools Joke!

The **VINE Adult Community Center (VACC)** is open
Monday - Friday:
6 am - 7 pm
Saturday: 8 am - 2 pm



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

APRIL: NATIONAL VOLUNTEER MONTH!

April is a time to recognize the impact individuals make when they dedicate their time to serving others. Within the vibrant tapestry of volunteerism at VINE, the stories of four exceptional volunteers – Sarah Daniels, Cathy Nuehring, Doug Olson and Jeff Miller - shine brightly. Each brings a unique perspective to their work and share a common thread of compassion and dedication.



Sarah Daniels

Sarah, a VINE board member, pool monitor, Caring Connection and Meals on Wheels volunteer, found her way to volunteering as she transitioned into retirement. Embracing this new phase of life, she realized time was her most valuable asset. This sparked a renewed sense of purpose, driving her to invest her time in enriching the lives of others. Sarah has discovered immense fulfillment in the connections forged and the stories shared with friends of VINE.

In contrast, Jeff's journey into volunteering was more spontaneous, ignited by a desire to make a positive difference in the world. For over five years, Jeff has served as a volunteer driver, finding joy in providing essential transportation to those in need. His belief in the inherent goodness of helping neighbors and the profound impact of simple acts of kindness has created a sense of belonging within the community. "Rides are a simple act, but very appreciated. It warms your heart and soul," says Jeff.



Jeff Miller



Cathy Nuehring

Doug and Cathy, volunteers for Hot Meals on Wheels since 2010, epitomize steadfast dedication in the face of challenges. Doug's passion for driving, influenced by his father's career as a Greyhound Bus driver, led him to VINE. Similarly, Cathy's journey into volunteering was fueled by personal struggles with depression and learning that helping others in turn helps her. Despite their adversities, both have formed a dynamic duo with Doug behind the wheel and Cathy taking the meal to the door.

They ensure recipients not only receive nutritious meals but also sometimes their favorite candy bar! "I've gotten to know so many new people and rekindle some old relationships over my years volunteering," Cathy said.

These volunteers offer valuable insights for those considering volunteering, ranging from embracing opportunities to recognizing the impact of simple kind gestures. These stories are a testament to the power of volunteerism to create positive change in our community. From the bottom of our hearts, thank you to all of our VINE volunteers!



Doug Olson

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 mowing
- 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

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.

VINE'S VISITING PROGRAM: CARING CONNECTION

A big shout out this month to our 60 volunteers who make regular visits to their Caring Connection friends. This commitment of time, presence, encouragement and support is deeply appreciated by the people they visit. Many of us know someone in our family or neighborhood who is socially isolated or experiencing a major life transition. Contact Joyce at (507) 386-5583 so she can pair them with new volunteers who eagerly await a connection.

Services supported in part by:



CAREGIVER SUPPORT GROUPS

Without support, caregiving can be difficult and isolating. Gain insights and encouragement from others. All support groups are limited to 10 participants. **Pre-registration is required.** Call (507) 387-1666 or email vine@vinevolunteers.org.

Mapleton Support Group

1st Tuesday of the month

- Tuesday, April 2, 3 – 4 pm
St. Teresa Catholic Church,
Mapleton

Le Sueur Support Group

1st Wednesday of the month

- Wednesday, April 3, 3 – 4 pm
Zion UCC, Le Sueur

Call (507) 386-5583 to register.

Mankato Support Groups

VINE Adult Community Center,
Mankato

- Wednesdays, April 10 & 24
1:30 – 3 pm
- 3rd Wednesday of the month,
April 17, 5:15 – 6:15 pm
- 3rd Thursday of the month,
April 18, 3 – 4 pm

CHAT WITH FRIENDS

- Wednesday, April 17
11:30 am – 12:30 pm

People with memory loss and care partners are invited to join VINE staff in a comfortable setting to connect, socialize and build new support networks with peers. Chat with Friends is held the 3rd Wednesday of the month at VINE. Reminisce while you enjoy a treat.

Free and open to the public. Call Glenda at (507) 386-5571 to register.

ATTENTION CAREGIVERS: POWERFUL TOOLS FOR CAREGIVERS IS FOR YOU

- Thursdays, May 2 – June 6
- 1 – 2:30 pm
- Cost: \$30

What is Powerful Tools for Caregivers (PTC) and why should I consider signing up? PTC classes help caregivers take better care of themselves while caring for a family member or friend. In the six weekly classes, caregivers learn self-care tools to:

- Reduce personal stress through increased relaxation
- Manage emotions, specifically guilt, fear, anger and anxiety
- Communicate effectively in challenging situations
- Grow in self confidence and self-care
- Make difficult caregiving decisions
- Use helpful resources

Previous participants had this to say about their experience:

- “I now have tools to rely on...the materials are really helpful and will be a continual resource.”
- “I appreciated all the opportunities to share and relate the material to my situation...I will take better care of myself, be more positive and less stressed.”
- “It was non-judgmental; everyone was warm and accepting...I gained new perspectives on how to approach specific situations.”

Class size is limited. Register before April 25 by calling Joyce at (507) 386-5583.

NEED A RIDE?

TRUE Transit provides dial-a-ride transportation service throughout Blue Earth, Nicollet and Le Sueur Counties. We operate Monday – Friday between 8 am – 5 pm. Trips are \$5 each way or \$10 round-trip. All of our buses have a mobility lift to make getting on and off the bus comfortable. We will pick you up at your home and drop you off exactly where you need to go.

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

HOT MEALS ON WHEELS

Volunteers deliver a nutritious noon meal each weekday to people living in Mankato, North Mankato, Skyline, Le Hillier and Eagle Lake who find it difficult to prepare their meals. Recipients are billed monthly for their \$4.50 meals. Automatic withdrawals are available upon request. Meal orders and cancellations must be received by 3 pm the day prior.

Learn more at vinevolunteers.org or call (507) 387-4076.

FREE HEALTHY MEALS

- Tuesdays, April 2 & May 7 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.

Proud Partner Agency



WHAT IF IT'S NOT ALZHEIMER'S? VASCULAR DISEASE IN DEMENTIA

- Monday, April 8
- 11 am – 12:15 pm

Join us for the first in a series of three webinars from the Alzheimer's Foundation of America. This presentation reviews the ways vascular disease can affect cognitive function and is involved in causing dementia. Listeners' questions are included in the webinar. Free and open to the public.

COMMUNITY BOOK READ & DISCUSSION: "SOMEBODY I USED TO KNOW"

- Tuesday, May 21
- 9 am

Read and discuss "Somebody I Used to Know," by Wendy Mitchell. In 2014, at age 58, Mitchell was diagnosed with young-onset Alzheimer's. As Mitchell learned to embrace her new life, she began to see her condition as a chance to experience the world with fresh eyes and to find her own way to make a difference. Books will be available to check out at the front desk beginning April 28. Free and open to the public. Contact Glenda at (507) 386-5571 for more information.

FREE MEMORY SCREENINGS

- Wednesday, May 1
11 am – 2 pm

Are you concerned about your memory? VINE is offering free 15-minute individual memory screening appointments. These 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.

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.



MANKATO FREE PRESS: DIGITAL ASSISTANCE

- Mondays, April 1 & 8
- 1 – 2 pm
- Joe Spear & Free Press Staff

The Free Press is moving to a Monday electronic version of the paper and wants to assist subscribers in navigating the electronic version. Attendees will receive personalized guidance from newspaper staff.

NAVIGATING THE SEAS OF STUFF FROM CLUTTER TO HOARDING

- Tuesday, April 2
- 12 – 1 pm
- Patrick Bigaouette, Mayo Clinic Health System Psychiatrist

We all have items that we save or collect, but when does clutter become an issue? Join Dr. Bigaouette to learn more about clutter, collecting, hoarding and the potential causes of why they might happen. He will offer practical tips for decluttering and maintaining organized habits.

PLANNING & PREPARING FOR INTERNATIONAL TRAVEL

- Friday, April 5
- 11 am – 12:30 pm
- Linda Good & Carol Seifert, Seasoned Travelers, & Amber



Pietan, Certified Travel Associate

Embarking on an international journey is different than traveling within the U.S. From passports to visas, immunizations to travel insurance, navigating the complexities of international travel requires careful planning and consideration. This presentation will cover everything you need to know from choosing between a travel agent or planning solo, to managing currency exchanges and packing essentials.

VINE DINING: OLIVES

- Tuesday, April 9
- 11:30 am – 1 pm
- 20 Civic Center Plaza, Mankato



Join us at Olives, with new owner Chef Matt. Dive into locally inspired American cuisine and hear Chef Matt's journey, including training at the renowned Culinary Institute of America in New York. Enjoy Olives' famous lunch buffet or order off the menu (food and drink not included).

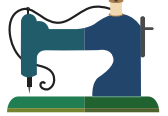
GREEN BURIAL: A SUSTAINABLE OPTION

- Thursday, April 11
- 10:30 am – 12 pm
- Joel Rimstad, Ever Green Burial Company & Diane Dobitz, Retired Educator

Discover the options available for green burials and funerals and gain insights into their environmental impact. Joel will share his experiences establishing a unique cemetery in St. Peter tailored for green burials and Diane will share her story of planning for her partner's natural green burial. Together, they will explore this eco-conscious end-of-life option.

THREADED MASTERPIECES

- Friday, April 12
- 10:30 am – 12 pm
- Barb Keith, Quilting Enthusiast



Barb, a lifelong sewer who discovered her passion for quilting in the last decade, will showcase her creations and quilt stories, offering an up-close look at her intricate work. She enjoys crafting unique projects from her imagination, including brightly colored quilts and functional fabric items like her cell phone parka. She's had her work featured in prestigious contests and exhibitions across the U.S.

MENTAL HEALTH WARNING SIGNS

- Monday, April 15
- 4 – 5 pm
- Brenda Haugen, The Soul's Apothecary Outpatient Therapist

Gain valuable insights into recognizing cues and symptoms that may indicate the onset of depression and other mental health warning signs, empowering you to offer timely support and intervention. Deepen your understanding of mental health and help foster a more supportive and compassionate community.

FROM THE GROUND UP: FOOT CARE & HEALTH

- Tuesday, April 16
- 10 – 11 am
- Jennifer Marr, MSU-Mankato Professor, School of Nursing

The most often overlooked but very crucial aspect of your health is your feet. Discover how foot health can

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significantly impact your overall well-being. From injury prevention techniques to early detection of potential issues, gain the knowledge and strategies needed to ensure your feet remain healthy.

HEARING CARE & EAR HEALTH



- Wednesday, April 17
- 9 – 9:30 am
- Kristi Oeding, MSU-Mankato Professor/Audiologist & Sabrina Ehmke, Professor & Student Nurse Assn. Advisor

Discover the keys to maintaining healthy ears and optimal hearing. Explore safe cleaning methods, identify common problems and emphasize the importance of professional care. Following the presentation, ear cleaning and hearing screenings will be offered.

MANKATO SYMPHONY ORCHESTRA PRESENTS FAIRYTALES & FANTASIES

- Wednesday, April 17
- 12 – 1 pm
- August Jeske, MSO Artistic Director & Musicians
- Free & open to the public

Raise your wands, heft your enchanted swords or sprinkle yourselves with fairy dust as our musical magic carpet whisks you off to distant shores of fun and fantasy.

TRAVEL WITH VINE



- Thursday, April 18
- 10:30 – 11:30 am
- Katie Ganshert, Collette Travel

Katie will unveil our 2024 and 2025 travel plans, including a delightful Christmas trip to San Antonio and two unforgettable bucket list adventures: exploring Switzerland by rail and indulging in the beauty of the Greek Islands. Learn about these excursions and start planning your VINE trip.

FOOD SWAPS



- Thursday, April 18
- 12 – 1 pm
- Emma Smith, MSU-Mankato Professor of Family & Consumer Science

Lightening up your favorite meals does not mean that you must sacrifice flavor. Join Emma, a Registered Dietitian, to learn about tasty food swaps in your meals to make them healthier. She will share healthier seasonings, condiments, and lightening up the classic hotdish.

ART WITH HEART: TOUR THE EMY FRENTZ BUILDING

- Monday, April 22
- 11 am – 12 pm
- Maureen Gustafson, Mankato Area Foundation
- 523 S. 2nd Street, Mankato

Visit the newly remodeled Emy Frenz Center. Learn about the building's rich history and promising future, the organizations located in the building, including the Mankato Area Foundation marking 50 years of community involvement. Refreshments will be provided.

COMPUTER UNIVERSITY: THE CLOUD

- Monday, April 22
- 5:30 – 7 pm

- Colin Chambers, Mankato Computer Technology

Learn how to safely store and access data and programs over the internet rather than on your computer's hard drive.

MANKATO'S INDIGENOUS HISTORY (PART 1 OF 3 SERIES)

- Wednesday, April 24
- 11 am – 12 pm
- Joe Whitehawk, Dakota Elder

Land theft, forced exile and cultural suppression of people indigenous to Mankato area has been ignored in mainstream education. Indigenous elders like Joe safeguard lost traditions, offering a chance to honor the past and revive interest in preserving them for the future. We will embark on a mission to change the narratives that have been silenced, forging connections and fostering understanding. As we delve into the truths of this land, it is important to do so together, amplifying and centering Dakota perspectives through partnership, collaboration and advocacy.

JUNIOR ACHIEVEMENT

- Thursday, April 25
- 11 am – 12 pm
- Katie Mons, & Skyler Carlson, Junior Achievement

Junior Achievement is enhancing students' career readiness and financial literacy through their K-12 programming. This volunteer-driven nonprofit organization serves over 8,000 local students, equipping them with essential skills such as career exploration, resume writing, retirement planning and budget management. Learn how they are shaping the future workforce.

PLAY & SOCIALIZE

GAMES & GROUPS

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

500



Wednesdays: 9:30 – 11:30 am

BILLIARDS



Open during building hours

BINGO



Tuesday, April 30: 10 – 11 am

CRIBBAGE



Tuesdays: 1 – 3 pm

DEVINE SINGERS



Mondays: 1 – 2 pm
Call Peg (507) 345-3242.

DUPLICATE BRIDGE



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.

ART QUEST STUDIO



Tuesdays: 1 – 3 pm
Art Guild with Open Studio
(Bring your own supplies)

APRIL 2, 9, 16, 23 & 30: Work on your own art while visiting with other artists.

Wednesdays: 1 – 3 pm
Paint & Draw (supplies provided)
Please pre-register.

APRIL 3, 10, 17 & 24: We will be looking at simplified landscape. There will be an emphasis on

GUITAR OPEN PLAY



Tuesdays: 3:30 – 4:30 pm.
Grab your guitar and play at VINE.

MAHJONG



Mondays: 1 – 3 pm
Call Susan (507) 571-0091 to register.

MEMBERS NOOK



Open during building hours
Read the paper, drink coffee or work on a puzzle while socializing.

MEMOIRS



Tuesdays: 10:30 am – 1 pm
Get your life stories down on paper.

MEMBER FUN HOUR



Held the 3rd Wednesday of the month at 5 pm, rotating between game night and book club.
April 17: Book Club "Fried Green Tomatoes at the Whistle Stop Café" by Fannie Flagg

PING-PONG



Mondays: 10:30 am – 12:30 pm
Wednesdays & Fridays:
11:30 am – 1:30 pm

SOCIAL BRIDGE



Thursdays: 2 – 4 pm
Call Arlyce (507) 317-0617 to register.

SPELLERS



Fridays: 10:15 – 11:15 am
Practice spelling for fun with peers.

VINE AFTERNOON CARDS



Fridays: 2 – 4 pm
Play a new card game each week.

VINE STOMPERS



Wednesdays: 2:15 – 4 pm
(beginners at 2:15) Call Deb at (507) 381-9953 to join line dancing.

ENVIRONMENTAL CONVERSATIONS



- Wednesday, April 10, 1 – 2 pm
Join retired professor Gary Phillips, the 2nd Wednesday of the month, as he guides a discussion on environmental issues, focusing on exchanging ideas and sharing resources. Explore pressing challenges such as biodiversity loss and develop solutions together.

shape, texture and color. Mixed media will be encouraged.

Thursdays: 1 – 3 pm
Art for Everyone (supplies provided)
Please pre-register.

4/4: Bring in Memoirs project for help

4/11: Easy acrylic techniques

4/18: Stitching techniques on an abstract painting

4/25: No class – make & take available at the front desk. No sign up necessary.

GALLERIES

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

2nd FLOOR

Through April 24, immerse yourself in a narrative-rich display of expressionist art.

5th FLOOR

The "ABC's & Colors of Nature" exhibit showcases photography by Warren and Terri Michels through April 17. "Around the Table" by Wednesday's art class exhibit on display April 17 – May 8.



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 P

Try one of these limited-time classes. Drop-ins welcomed, registration recommended. Call Lisa J with any questions at (507) 386-5585.

SERENE SILENT MEDITATION

- Tuesdays, April 2 – 30
8 – 8:30 am

Be guided through the art of silent meditation, allowing you to explore the benefits of stillness and mindfulness. Turn your attention inward, letting go of external distractions and connect with the present.

RESTORATIVE YOGA

- Fridays, April 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.

BROADWAY DANCE WITH MANKATO BALLET

- Mondays, April 15 – May 6
3:30 – 4:15 pm

Hit the stage with our Broadway themed dance class! Strut your stuff with fun props. Whether you're a seasoned dancer or just starting out, this class is sure to ignite your passion for musical theatre.



SUN MOON YOGA (SMY) CLASSES P

Space is limited. Registration required at vinevolunteers.org or by calling (507) 387-1666.

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

* Please limit your registration to Tuesday OR Thursday AM class.

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 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.

FITNESS CENTER P

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

Monday – Friday:

6 am – 7 pm



Saturday: 8 am – 2 pm

WALKING TRACK B

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

Monday – Friday:

6 am – 7 pm



Saturday: 8 am – 2 pm

TREKKING B

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

Thursdays, 10 – 11 am

4/4: Bluff Park

4/11: Land of Memories

4/18: Traverse Des Sioux (St. Peter)

4/25: Williams Nature Center



COFFEE BREWS & VIEWS WITH THE CEO & GEM S

- Monday, April 29, 10 – 11 am

Sit down with VINE's CEO, Melinda Wedzina and Guest Experience Manager, Alex Maes for a relaxed discussion. Whether you have inquiries about programs, suggestions for improvement, or want to share your experiences, this is your chance to engage in meaningful dialogue with VINE.

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
1 – 2 pm
3 – 6:30 pm **new*

Tuesday & Thursday

6 – 7 am
12 – 1 pm
3 – 5:15 pm

Wednesday

6 – 9:30 am
5 – 6:30 pm **new*

Friday

6 – 9:30 am
5 – 6:30 pm (excludes 4/26) **new*

Saturday

8 – 9:30 am
10:15 am – 12:30 pm



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 Deep **new*

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 Kickboxing **new*

Friday

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

Saturday

9:30 – 10:15 am: Rotating class
4/6: Aqua 2
4/13: Aqua Zumba®
4/20: Aqua Yoga
4/27: Aqua Kickboxing

LAP SWIM: (register online)

Monday & Wednesday

11:30 am – 12:15 pm
12:15 – 1 pm

Tuesday & Thursday

7 – 8 am
6 – 6:30 pm **new*

Saturday

12:30 – 1:30 pm **new*

AQUA CLASSES

Aqua 1: Walking, stretching & balance activities.

Aqua 2: Jogging, jumping, twisting & constant movement.

Aqua 3: High-energy class combines using the water properties to challenge you.

Aqua Deep: Includes use of water belts. A full body, high energy workout without impact.

Aqua Kickboxing: Punch, kick & sculpt your body to be stronger.

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

Aqua Yoga: Low-impact aquatic exercise, with yoga poses.

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



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 am – 12:30 pm
Lap Swim 11:30 am – 1 pm	Aqua Yoga 1 – 1:45 pm	Lap Swim 11:30 am – 1 pm	Aqua Yoga 1 – 1:45 pm	Open Swim 5 – 6:30 pm	Lap Swim 12:30 – 1:30 pm
Open Swim 1 – 2 pm	Aqua 3 2 – 2:45 pm	Open Swim 5 – 6:30 pm	Aqua 2 2 – 3 pm	<div data-bbox="1071 1680 1390 1715" data-label="Section-Header"> <h3>FRIDAY FAMILY FUN</h3> </div> <div data-bbox="1490 1680 1549 1736" data-label="Image"> </div> <ul style="list-style-type: none"> Friday, April 26, 5 – 6:30 pm \$5 per guest (2 minors per member) <p>Join us for intergenerational open swim held on the last Friday of the month. Register at (507) 387-1666 or vinevolunteers.org.</p>	
Aqua 2 2 – 3 pm	Open Swim 3 – 5:15 pm		Open Swim 3 – 5:15 pm		
Open Swim 3 – 6:30 pm	Aqua Deep 5:15 – 6 pm		Aqua Kickboxing 5:15 – 6 pm		
	Lap Swim 6 – 6:30 pm		Lap Swim 6 – 6:30 pm		

GROUP EXERCISE CLASSES



Please register for classes.

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
- 11:30 am: Strike Strong *new
- 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 am: All Levels Yoga *SMY *new
- 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

4/6: Pilates

4/13: Tapfit

4/20: Stretch & Flex

4/27: STRONG Nation



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.

LIVING WELL WITH DIABETES

- Tuesdays, April 9 – May 14
9:30 – 11:30 am

A 6-week course to manage type 2 diabetes with a variety of tools and peer support.

Free and open to the public.

DIABETES PREVENTION PROGRAM

- Thursdays, beginning April 18
11 am – 12 pm

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

DIABETES PREVENTION PROGRAM INFO SESSION

- Thursday, April 4
11 am – 12 pm

Learn about VINE's Diabetes Prevention Program (DPP). Meet the instructors and ask any questions before you commit to the DPP. Call Jen to determine your eligibility and sign up at (507) 386-5588.

Free and open to the public.



MASSAGE MONDAYS



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

- Monday, April 1
10:15 am – 12:15 pm

CARDIAC REHAB GROUP

- Tuesday, April 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.

PICKLEBALL AT THE PICKLEBARN



Join us at the Picklebarn for VINE open play or attend a clinic to learn about pickleball. 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.

PICKLEBALL CLINIC

- Thursday, April 18
2 – 3 pm (meet at Picklebarn)
- Free for VINE members.

Tour the Picklebarn and learn how to play Pickleball. Registration required.

FOOT CARE CLINIC

- Thursday, April 18, 1 – 5 pm
\$10 per 30-minute appointment

MSU-Mankato's Nursing faculty and students are offering a foot care clinic at VINE. Participants must pre-register at vinevolunteers.org and bring their own basin and towel.

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



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.

TIMELESS WELLNESS: STRESS LESS, MOVE MORE



- Friday, April 26
- 1 – 2 pm
- Lisa Johnson, VINE Health & Wellness Manager

Exercise strengthens your body and your mind, as it releases endorphins and reduces the production of stress hormones. Discover how exercise can help you stress less.

VOLUNTEER ORIENTATION

- Wednesday, April 24
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 drive people to appointments, assist with chores and monitor our pool. Applications may be completed in advance at vinevolunteers.org.

NEED A CAR WASH?

Does your vehicle need a good cleaning? VINE is selling car washes from the new Mister Car Wash located in Mankato.

We have two options including the Basic car wash for \$10 and the Platinum car wash for \$22. A portion of the proceeds will go towards VINE.

The single-use car wash passes can be purchased at the front desk at the VINE Adult Community Center.

If you have any questions, please contact Paige at (507) 386-5573 or paiges@vinevolunteers.org.



PUB BUCKS

We are selling \$10 gift certificates for Pub 500 at the front desk of the VINE Adult Community Center with a portion of the proceeds benefiting VINE. These gift cards can be used at Pub 500 located downtown at 500 S. Front St. Mankato.

Grab some friends and enjoy a tasty meal or drink at Pub 500 while supporting VINE or purchase some Pub Bucks to give to your loved ones.

TRAVEL WITH VINE & COLLETTE

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 or take on Switzerland by rail! If you are interested in more information, contact Meghan at (507) 386-5576 or meghanv@vinevolunteers.org.



VINE MEMORIALS

VINE gratefully acknowledges contributions received in February in honor of the following individuals: Dick Breiter, Terry Maher, Barbara McLane, Dan Probst and Phil Stuve.

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.

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.

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

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.

**DAYTRIPPERS THEATER:
"TIL BETH DO US PART"**

Friday, May 10

Join us for dinner theater at the Plymouth Playhouse, where we will see the comic romp "Til Beth Do Us Part" and enjoy a delicious pulled pork or vegetarian meal.

Cost: \$96 (lunch included)
Register by April 12.

**MINNESOTA LANDSCAPE
ARBORETUM**

Wednesday, May 15

Explore 1,200 acres of professionally maintained gardens, rare plant collections and accessible trails. Attendees will see 40,000 gorgeous tulips, acres of blooming crabapple trees and azalea bushes, wildflower, daffodil and flowering bulb displays. A flowerpot lunch in a private dining area and guided tram tour is included.

Cost: \$92 (lunch included)
Register by April 17.

MN TWINS VS KANSAS CITY

Thursday, May 30

Enjoy an afternoon of outdoor baseball by joining us for a trip to Target Field to watch the Minnesota Twins play Kansas City! The game starts at 12:10 pm.

Cost: \$89 (lunch not included)
Register by May 1.



We offer 3 membership levels to best suit your needs

	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>Qualifies for most insurance reimbursement programs; making membership free.</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>May qualify for reduced rate with insurance reimbursement programs.</p>	



VINE HOME THRIFT STORE

Spring cleaning is a great way to declutter your home and donate items to the VINE Home Thrift Store! Not only does it help you create a more organized environment, but it also allows someone else to utilize your unwanted items.



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.

Donate · Shop · Volunteer

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.

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

