

# THE VIEW from VINE

MAY 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 - Friday:

6 am - 7 pm

Saturday: 8 am - 2 pm

VINE will be closed on Monday, **May 27** for Memorial Day.



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



Sue Lake

## MAY: MENTAL HEALTH AWARENESS MONTH

Every May, VINE joins the global spotlight on Mental Health Awareness Month, emphasizing the link between physical activity, social engagement and mental well-being. At VINE, we understand that nurturing head to toe health

means addressing these interconnected components.

VINE proudly offers PEARLS, an evidence-based program designed to support older adults experiencing symptoms of depression. Through eight personalized one-on-one sessions, participants gain valuable problem-solving skills tailored to their individual needs. Our trained coach empowers individuals to take tangible steps towards leading more fulfilling lives.

"One thing I've learned as a PEARLS coach is that an individual can experience an enormous amount of adversity in life and given the opportunity to make change, often finds meaningfulness, hope and healing," Glenda Bechthold said. "I'm always honored to go alongside individuals as they find solutions that fit their best life".

Research underscores the importance of social connection, physical movement and enjoyable activities in promoting mental wellness. "With no judgment, PEARLS guided me on ways to move forward and seek out new opportunities and activities that were out of my comfort zone," said one PEARLS graduate.

Physical activity is recognized as a cornerstone of mental health. That's why the VINE Adult Community Center offers a diverse range of over 50 group fitness classes, alongside amenities like an indoor walking track, warm water pool and fitness center. We cater to diverse needs, ensuring that everyone can find an activity that suits them.

Social interaction is equally crucial for mental well-being. VINE fosters a supportive community where meaningful connections thrive. Through shared experiences, educational presentations, social groups and even group travel opportunities, members find support, resources and a sense of belonging. As one member, Sue Lake, shared, "VINE offers everything I need for my mental health – exercise, connection and learning. I always leave with a sense of accomplishment."

Committed to holistic well-being, VINE provides tailored programs, abundant resources, knowledgeable staff and a supportive community. Join us as we honor Mental Health Awareness Month and continue towards vitality and purpose. If you or someone you know could benefit from VINE's services please contact us at (507) 387-1666 or [vine@vinevolunteers.org](mailto:vine@vinevolunteers.org).

## 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.

#### Services supported in part by:



### 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.

### 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](mailto:vine@vinevolunteers.org).

#### Mapleton Support Group

1st Tuesday of the month

- Tuesday, May 7, 3 – 4 pm  
St. Teresa Catholic Church,  
Mapleton

#### Le Sueur Support Group

1st Wednesday of the month

- Wednesday, May 1, 3 – 4 pm  
Zion UCC, Le Sueur

Call (507) 386-5583 to register.

#### Mankato Support Groups

VINE Adult Community Center,  
Mankato

- Wednesdays, May 8 & 22  
1:30 – 3 pm
- 3rd Wednesday of the month,  
May 15, 5:15 – 6:15 pm
- 3rd Thursday of the month,  
May 16, 3 – 4 pm

### CHAT WITH FRIENDS

- Wednesday, May 15  
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.



Gary Kremer &  
Gordon Schultz

### VINE'S VISITING PROGRAM: CARING CONNECTION

Gary Kremer and Gordon (Gordy) Schultz recently became Caring Connection friends, but they met over 10 years ago at the "pool hall" when VINE was located at the Summit Center. Gordy was one of the men who played pool Monday – Thursday. Gary said, "I was the new guy in the group, and that's when I first met Gordy."

Now years later, after their weekly game of pool on the 3rd floor of the VINE Adult Community Center, Gordy and Gary sit down for a friendly chat. Describing their time together, Gary had this to say, "Gordy is a great storyteller. He is a Navy Veteran, a former boxer and at age 96 Gordy still drives and gets his own groceries. Gordy is a lot of fun! I really enjoy our visits."

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 a volunteer who eagerly awaits a connection.



### 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.



### FRONTOTEMPORAL DEGENERATION (FTD)

- Tuesday, May 14
- 1 – 2:15 pm
- Free & open to the public.

Join us for the second in a series of three webinars on forms of major neuro cognitive disorders other than Alzheimer's disease. The speaker, Joanne Linerud, will talk about some of the misunderstandings surrounding FTD, how to more clearly recognize the symptoms that accompany early stages and how it differs from Alzheimer's disease and other dementias. Listeners' questions are included in the webinar.

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

- Tuesday, May 21
- 9 am
- Free & open to the public.

Read and discuss "Somebody I Used to Know," by Wendy Mitchell. In 2014, at age 58, Mitchell was diagnosed with early 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 are available to check out at the front desk. Contact Glenda at (507) 386-5571 for more information.

### 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](http://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](http://vinevolunteers.org) or call (507) 387-4076.

### FREE HEALTHY MEALS

- Tuesdays, May 7 & June 4  
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





## 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](http://vinevolunteers.org).



### COMPUTER UNIVERSITY: EXPLORING CHAT GPT & OTHER AI

- Monday, May 6
- 5:30 – 7 pm
- Colin Chambers, Mankato Computer Technology

ChatGPT is an advanced AI language model that is designed to understand and generate human-like text. It's like having a conversation with a computer program that can understand and respond to your questions. Explore what AI is, how it works and how it can be used.

### ITCHY DOGS: ALLERGIES DON'T JUST AFFECT HUMANS

- Wednesday, May 8
- 11 am – 12 pm
- Julie Berndt, Retired Veterinarian



Just like humans, our four-legged friends can suffer from allergies too. Join Julie and her furry co-presenter, Oakley, as they sniff out the facts on dog allergies. Julie will share insights and practical tips on how to recognize and manage allergies in dogs. From identifying common allergens to implementing effective treatment strategies, learn how to keep your canine companion happy and healthy.

### MOVE YOUR BODY, BOOST YOUR HEALTH: EXERCISE IS MEDICINE

- Thursday, May 9
- 11 am – 12 pm
- Briana Rotchadl, Clinical Exercise Specialist, Mayo Clinic Health System
- Free & open to the public

Physical activity is a vital ingredient in preventing and managing chronic disease, but how much do you need? Join Briana to learn more about how exercise impacts your physical and mental well-being, reducing the risk of heart disease, diabetes, certain cancers and depression. Learn how much exercise you need to meet your goals.

### SKIN CANCER PREVENTION & TREATMENT

- Friday, May 10
- 11 am – 12 pm
- Jennifer Marr, DNP, APRN, CNP, PNP-C, Assistant Professor, School of Nursing, MSU Mankato

Learn to recognize signs of skin cancer, explore treatments and advancements in dermatological care and embrace prevention methods. Equip yourself with vital knowledge to safeguard your skin health with lifestyle modifications as we start to see more of the Minnesota sunshine.

### AN EXERCISE IN MENTAL WELLNESS

- Monday, May 13
- 11 am – 12 pm
- Glenda Becthold, PEARLS Coach

Improving our mental health can be meaningful and fun. Exercise and social connection are two well studied self-management strategies to condition our body, mind and spirit. Learn how you might use these activities to lead a fuller life in this interactive presentation.

### TRANSFERRING YOUR WEALTH

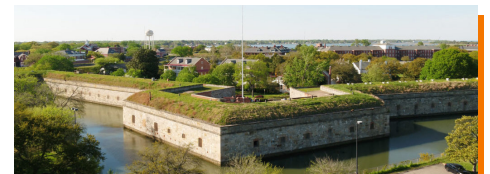
- Tuesday, May 14
- 11 am – 12 pm
- Mark Kluender, Retired Wealth Advisor

Your diligent efforts have built your wealth. Explore simple ways to pass on your wealth without hefty costs and learn practical tips and strategies that safeguard your legacy. Join us as we talk about straightforward and budget-friendly methods for transferring your assets easily to your loved ones.

### VIRTUAL @ VINE: WHAT IS FREEDOM

- Tuesday, May 14
- 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.



## FIVE WISHES LIVING WILL/ ADVANCE DIRECTIVE

- Wednesday, May 15
- 4 – 5 pm
- VINE Staff

Five Wishes is a living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets 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. \$5 for the document

## PELVIC FLOOR ISSUES

- Thursday, May 16
- 12 – 1 pm
- Kristin Lingen PT, DPT & Jessica Lawrence PT, DPT, Mankato Clinic

Learn symptoms, treatments and practical tips for managing common pelvic health concerns including prolapse, pelvic pain, constipation, toileting challenges and urge suppression. Mankato Clinic experts will go through what they treat, what a typical visit looks like and what they can do to help with pelvic pain.

## MANKATO'S INDIGENOUS HISTORY, PART 2 OF 3

- Wednesday, May 22
- 11 am – 12 pm
- Joe Whitehawk, Dakota Elder in Residence with the President's Council on Indigenous Relations at Gustavus Adolphus College

Join us as we continue our series into the overlooked history of land theft, forced exile and

cultural suppression in Mankato and surrounding areas of its Indigenous people. Through the wisdom of Joe, we'll hear silenced narratives and foster understanding as he focuses on the traditions, language and customs of the Dakota people.

## THRIVING AFTER 50: A BEGINNER'S JOURNEY INTO HOLISTIC HEALTH

- Thursday, May 23
- 11 am – 12 pm
- Samantha Wendt, Empowered by Nature Wellness Center

Explore holistic health practices tailored for those aged 50+ with a certified master herbalist. Samantha offers a beginner's guide to embracing a holistic lifestyle, with a focus on the transformative power of simple activities like walking. Learn practical tips and insights to enhance your well-being and vitality.



## AUTHOR TALK: ALLEN ESKENS

- Tuesday, May 28
- 3 – 4 pm
- Allen Eskens, Author

Known for his bestselling novels including "The Life We Bury," "The Guise of Another" and his latest, "Saving Emma," Allen holds degrees in journalism and law from the University of MN and Hamline. Later he pursued an M.F.A. program at MSU-Mankato and refined his skills at the Loft Literary Center and the Iowa Summer Writer's Festival.

Raised in central Missouri, he now resides in greater Minnesota after retiring from a 25-year career in criminal law. Join Allen as he discusses his writing process and upcoming projects and signs books.

## SWEET ADELINES: CONNECTING THROUGH SONG

- Thursday, May 30
- 11:30 am – 12:30 pm
- Mary Lou Kudela, Molly Reinemann & the MN Valley Sweet Adelines Quartet

The local chapter of Sweet Adelines are proud members of an international non-profit organization with thousands of members worldwide who focus on a cappella singing and musical education. Learn about the benefits of singing for our minds and bodies. Hear their journey finding harmony through barbershop singing. There will be a special performance by one of Sweet Adeline's small groups, followed by a lively sing-along.

## TIMELESS WELLNESS: MOVING WITH EASE: A GUIDE TO ARTHRITIS & EXERCISE

- Friday, May 31
- 1 – 2 pm
- Jen Wunderlich, MS, ACSM-EP

An educational class designed to help individuals manage arthritis symptoms through safe and effective exercise. Participants will learn practical strategies and techniques to improve joint flexibility, reduce pain and stiffness, and enhance overall quality of life.

Register at [vinevolunteers.org](http://vinevolunteers.org)  
or call (507) 387-1666

# PLAY & SOCIALIZE



## GAMES & GROUPS

The following activities are ongoing. Register at [vinevolunteers.org](http://vinevolunteers.org) or call (507) 387-1666.

### 500 S

Wednesdays: 9:30 – 11:30 am

### BILLIARDS B

Open during building hours

### COLLABORATIVE CONVERSATIONS S

Wednesday, May 8, 1 – 2 pm

Join a retired professor the 2nd Wednesday of the month, for a guided discussion on environmental issues.

### UKULELE LESSONS S

- Fridays, May 10 – June 28  
11:30 am – 12:30 pm  
\$50 for 6-week session

Learn from professional musician, Hanna Cesario, in this 6-week course and have the opportunity to perform in a concert on June 30. Bring your own instrument or borrow one from VINE's music closet for free with a \$50 deposit.

### ART QUEST STUDIO S

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

**May 7, 14, 21 & 28:** Work on your own art with other artists.

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

**May 1, 8, 22 & 29:** Sketch models dressed as their alter egos. Volunteers from the class will rotate in posing.

## CRIBBAGE

Tuesdays: 1 – 3 pm

## DEVINE SINGERS S

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

## DUPLICATE BRIDGE S

Mondays & Wednesdays: 1 – 4 pm  
Call Raj (507) 351-0133 to register.

## GET YOUR YARN ON S

Wednesdays: 10 – 11:30 am  
Bring your own craft & supplies.

## MAHJONG S

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

## MEMOIRS S

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

## MEMBER FUN HOUR S

Held the 3rd Wednesday of the month at 5 pm, rotating between game night and book club.  
May 15: Farkel - bring \$1 to play.

## THURSDAYS: 1 – 3 pm

Art for Everyone (supplies provided)  
Please pre-register. Space is limited.

**5/2:** Watercolor pencils with aqua brushes (Part 1)

**5/9:** Stitching techniques on watercolor (Part 2)

**5/16:** Wool Felted Landscapes (Part 1)

**5/23:** Wool Felted Landscapes (Part 2)

**5/30:** Take home project

## GALLERIES

The galleries are open to the public.



## MEMBERS NOOK S

Open during building hours for members to read the paper, drink coffee or work on a puzzle.

## PING-PONG S

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



## SOCIAL BRIDGE S

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

## SPELLERS S

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

## TRIVIA S

Monday, May 20: 12 – 1 pm

## VINE AFTERNOON CARDS S

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

## VINE STOMPERS S

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

## 2nd FLOOR

See “Minimal Landscapes: Compositions concentrating on simple shapes and formal color schemes” until May 31.

## 5th FLOOR

Wednesday's art class exhibit, “Around the Table” is on display until May 8. “Memoirs & Thursday Art Class Collaboration” will be on display May 9 - June 12. Attend their opening reception on Thursday, May 9 from 3 – 4 pm.





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.

**FITNESS CENTER**



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**

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**



Join us for a hike at a different park or trail each week. Maps can be found at [vinevolunteers.org](http://vinevolunteers.org).

**Thursdays, 10 – 11 am**

**5/2:** Bray Park

**5/9:** Indian Lake Conservation Area

**5/16:** Arboretum at Gustavus

**5/23:** Lake Washington County Park

**5/30:** Sakatah Singing Hills Trail (near Wickersham)

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

**BONUS CLASS OFFERINGS**



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

**BROADWAY DANCE WITH MANKATO BALLET**

- Mondays, through 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.

**SERENE SILENT MEDITATION**



- Wednesdays, May 1 – 29  
10 – 10:30 am *\*new*
- Tuesdays, May 7 – 28  
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, May 10 & 24  
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.



**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  
May 13 – June 20  
9:30 – 10:15 am  
Sibley Park (Shelter #3) or VINE (in case of bad weather)

Tai Chi for Health uses mindful, slow movements to improve relaxation, balance, strength, and mobility. This form has easy to learn movements and is safer for older adults. This class is also ideal for people who have arthritis.

Call Jen to sign up at (507) 386-5588.

Free for Premium members, \$30 Basic, Social or non-members.

**WALK WITH EASE**

- Mondays, Wednesdays & Fridays, June 3 – July 12  
11:30 am – 12:30 pm

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

Call Jen to determine your eligibility and sign up 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  
1 – 2 pm  
3 – 6:30 pm

#### Tuesday & Thursday

6 – 7 am  
12 – 1 pm  
3 – 5:15 pm

#### Wednesday

6 – 9:30 am  
5 – 6:30 pm

#### Friday

6 – 9:30 am  
5 – 6:30 pm (excludes 5/31)

#### 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

#### 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

#### Friday

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

#### Saturday

9:30 – 10:15 am: Rotating class  
5/4: Aqua 2  
5/11: Aqua Zumba®  
5/18: Aqua Yoga  
5/25: 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

#### Saturday

12:30 – 1:30 pm

## 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](http://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	<b>FRIDAY FAMILY FUN</b> <ul style="list-style-type: none"> <li>Friday, May 31, 5 – 6:30 pm \$5 per guest (2 minors per member)</li> </ul> Join us for intergenerational open swim held on the last Friday of the month. Register at (507) 387-1666 or <a href="http://vinevolunteers.org">vinevolunteers.org</a> .	
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
- 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
- 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



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

5/4: Zumba

5/11: Tapfit

5/18: Stretch & Flex

5/25: Strike Strong



## SUN MOON YOGA (SMY) CLASSES



Space is limited. Registration required at [vinevolunteers.org](http://vinevolunteers.org) or (507) 387-1666. SMY classes will end **May 23**.

- **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 & 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

Exercise helps caregivers and those with dementia sleep better, decreases stress 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. Class can be done from a chair or standing and modified for all abilities. Call Jen to register at (507) 386-5588.

## MASSAGE MONDAYS



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

- Monday, May 6  
11:30 am – 1:30 pm *\*new time!*

## 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, May 16  
2 – 3 pm (meet at Picklebarn)
- Free for VINE members.

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



## CARDIAC REHAB GROUP

- Tuesday, May 21  
1:30 – 2:30 pm

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

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](mailto: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.

## FREE FITNESS ASSESSMENT



Fitness assessments evaluate your physical fitness and can be a useful way to track your progress. Fitness assessments are free for Fitness Premium members. Contact Jen at (507) 386-5588 to schedule an appointment.





Larry Stevermer

**VOLUNTEER SPOTLIGHT**

For over eight years, Larry Stevermer has been a dedicated volunteer at VINE. When he and his wife, Kathy, relocated to Mankato he started looking for meaningful ways to fill his time. Volunteering at VINE became his chosen avenue to give back to the community while staying active in his retirement. Larry initially joined the Chores program, lending a hand with snow removal, before extending his support to the VINE Home Thrift Store.

At the thrift store, Larry's involvement is multifaceted. From cleaning and repairing donations to painting, assisting staff, and aiding customers with loading items, he tackles every task with enthusiasm and skill. His diverse talents make him an asset to the store.

Beyond VINE, Larry finds joy in household projects, gardening and cherishing moments with his grandchildren.

Through his volunteer work, Larry has encountered individuals from all walks of life, enriching his own experiences with their stories. His commitment to sharing his skills and wisdom has touched many lives, embodying the spirit of giving back. VINE is glad to have Larry as part of the team at the Home Thrift Store, where his contributions make a lasting impact.

**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'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

**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.

**HOME RUN FOR CHARITY**

Join us on Thursday, **June 13** at 6:35 pm as the Mankato MoonDogs take on the Bismark Larks at ISG Field. VINE is selling tickets to the game for **\$16**, which includes a voucher for a hot dog, chips and soda. VINE will receive 50% of the proceeds. Tickets can be purchased online at vinevolunteers.org. Help us fill the stands as we cheer on the Mankato MoonDogs!



**COMMUNITY ED BUS TRIPS**

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

**MN 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.

**COMO ZOO & CONSERVATORY**

**Saturday, June 22**

Join us at the Como Zoo and Conservatory for an independent day of exotic animals and beautiful gardens. Pack a lunch or visit the zoo's café or other lunch spots.

Cost: \$75 (lunch not included) Register by May 31.

**PADEFORD RIVERBOAT: LUNCH & CRUISE**

**Saturday, July 13**

Enjoy lunch with a view on a narrated sightseeing cruise along the Mississippi River that departs from Harriet Island.

Cost: \$95 (lunch included) Register by June 14.

**RED CROSS BLOOD DRIVE**

- Friday, May 24  
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 are welcome too.



**We offer 3 membership levels to best suit your needs**

	<b>SOCIAL</b>	<b>FITNESS BASIC</b>	<b>FITNESS PREMIUM</b>	
<b>PRICE</b>	\$10/month \$120/year	\$30/month \$360/year	55+ years old \$42/month \$504/year	<55 years old \$52/month \$624/year
<b>ADDITIONAL HOUSEHOLD MEMBER PRICE</b>	\$8/month \$96/year	\$19/month \$228/year	55+ years old \$26/month \$312/year	<55 years old \$32/month \$384/year
<b>AMENITIES</b>	<ul style="list-style-type: none"> <li>Lifestyle &amp; Educational Presentations</li> <li>Card Games</li> <li>Social &amp; Recreational Groups</li> <li>Ping Pong</li> <li>Art Classes</li> <li>Members Nook</li> </ul>	Amenities of Social level plus: <ul style="list-style-type: none"> <li>Indoor Walking Track</li> <li>Discount on Group Fitness Classes</li> <li>Billiards</li> <li>Trekking</li> </ul> <p><b>Qualifies for most insurance reimbursement programs; making membership free.</b></p>	Amenities of Social & Basic levels plus: <ul style="list-style-type: none"> <li>Full-Service Fitness Center</li> <li>Warm Water Exercise Pool</li> <li>Free Fitness Assessment</li> <li>Group Fitness classes</li> </ul> <p><b>May qualify for reduced rate with insurance reimbursement programs.</b></p>	



**VINE HOME THRIFT STORE**

Spring has sprung! Consider decluttering and giving back to VINE by donating to the VINE Home Thrift Store. Your gently used items can find new homes while supporting a worthy cause. Clean out your closets and make a difference today!



**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](http://vinestore.org)

