



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

THE HEART OF VINE: OUR VOLUNTEERS

April is National Volunteer Appreciation Month and at VINE, we know that volunteers are the heart of our organization. Every day, their dedication and compassion make a difference in the lives of older adults in our community. This month, we recognize and celebrate the many individuals who give their time and talents to support VINE's mission.



Jack Rayburn

For Jack Rayburn, a volunteer and VINE's Board Secretary, volunteering is about making Greater Mankato a more livable community and engaging with others who support VINE's mission. Over the past eight years, he has taken on roles ranging from data compilation to facilitating the Diabetes Prevention Program (DPP). He says, "Almost daily, I hear VINE members express how fortunate we are

to have VINE in our community," He recalls a conversation with a member who relocated from California and credited VINE as a major factor in choosing to move here. Jack finds fulfillment in helping others embrace healthy lifestyles and appreciates the opportunity to learn new skills through his work with DPP.

For Charlene Tryhus, volunteering is a family tradition. Inspired by her parents, she began delivering Meals on Wheels in 2007 and later expanded her time to Door-to-Door Transportation. She treasures the relationships she builds with those she serves. "Knowing they have someone there for them, they become a part of my life," she shares. One particularly memorable moment was delivering meals during an ice storm with her grandson, where they struggled to stay upright on a steep driveway, laughing at the adventure. Char also spreads holiday cheer by baking and delivering Christmas cookies to her Meals on Wheels recipients. "I never feel anything less than excited to go and volunteer," she says, highlighting the joy and energy she gains from the interactions.



Charlene Tryhus

For Steve and Deb Fitzloff, volunteering at VINE has become a shared passion. Steve was first invited to help in the Fitness Center and during his orientation, he realized there were opportunities that would interest Deb as well. Now, Steve enjoys assisting members in the Fitness Center, while Deb has formed a meaningful bond through Caring Connection. "There's no judgment in what



Steve & Deb Fitzloff

I do - I'm just there to help when people need it," Steve explains. After a recent knee surgery, he was touched to receive a heartfelt card from those he helps at VINE. Deb, on the other hand, finds fulfillment in being present for her Caring Connection partner, learning to embrace spontaneity and flexibility. "It's expanded my view and made my life bigger and richer," she says.

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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
- yard clean up and minor home repairs
- caregiver support
- mental health care (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+ with symptoms of depression. With a PEARLS Coach, individuals create personalized problem-solving plans with life enrichment activities.

Sessions are \$10 each and can last several months. No one will be turned away due to inability to pay. Meetings can take place at VINE or virtually. Call Glenda at (507) 386-5571 to learn more.

Services supported in part by:



Proud Partner Agency



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When asked what advice these volunteers would give to those considering volunteering, all of them had the same message: just start. "Ask VINE staff about volunteer opportunities and find the right fit for your skills and interests," Jack suggests. Char encourages new volunteers to begin with small commitments to see what feels right. Steve and Deb both emphasize how volunteering adds richness to their lives. "It's another ingredient to stir in and make life better," Deb says.

Volunteering at VINE is more than just giving time - it's building connections, fostering community and enriching lives, including your own. This April, we extend our heartfelt gratitude to all our volunteers. Your kindness, dedication and generosity make VINE what it is today. Thank you for all that you do!



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.

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.

Mankato Support Groups

VINE Adult Community Center

- 2nd Wednesday of the month
April 9, 1:30 – 3 pm
- 3rd Wednesday of the month,
April 16, 5:15 – 6:15 pm
- 3rd Thursday of the month,
April 17, 3 – 4 pm
- 4th Wednesday of the month
April 23, 1:30 – 3 pm

CHAT WITH FRIENDS

- Thursday, April 17
1 – 2 pm

People with memory loss and their care partners are invited to join VINE staff in a comfortable setting to connect, socialize and build new support networks with peers. Gatherings are held on the 3rd Thursday of the month at VINE. Free and open to the public. Registration is required.

These programs take place at the VINE Adult Community Center. They are free for VINE members, \$5 for non-members. Registration is required at vinevolunteers.org or (507) 387-1666.

WHAT IS THE SENIOR COMPANION PROGRAM?

- Thursday, April 3
11 am – 12 pm
- Fred Snyder, Lutheran Social Services (LSS) of MN Program Coordinator

Recent studies suggest that social isolation and loneliness may be more harmful than smoking for older adults. The Senior Companion program through LSS gives our community an opportunity to address this growing issue. Senior companions visit with isolated seniors. They may have a cup of coffee, work on a puzzle, go for a walk or discuss current events. They can change someone's life by simply doing things that a friend would do.

FIVE WISHES LIVING WILL/ ADVANCE DIRECTIVE

- Wednesday, April 23
3 – 4 pm
- \$5 for the document

Five Wishes is an easy to complete form that lets you say exactly what you want when you can't speak for yourself. Wish 1 allows you to choose the person you want to make health care decisions for you. Wish 2 provides options for the kind of medical treatment you want or don't want. Wishes 3, 4 and 5 deal with your personal, spiritual and emotional wishes. Once completed and signed, the document is valid and legal under MN law.

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, decrease stress and improve 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, flexibility and endurance. Class can be done seated and modified for all abilities. Call (507) 386-5588 to register.

NEED A RIDE?



VINE's public transportation program, TRUE Transit, provides dial-a-ride service throughout Blue Earth, Le Sueur and Nicollet Counties, Monday - Friday between 8 am - 5 pm for just \$5 each way. Anyone can utilize this service. All buses have a mobility lift for those who need help getting on or off the bus. We pick you up at your door and drop you off exactly where you need to go. Reservations are required and can be made by calling (507) 388-8783 or at truetransit.org.

DOOR2DOOR TRANSPORTATION

VINE's Door2Door transportation services are available to those 60+ in Blue Earth and Nicollet Counties. A volunteer driver will pick you up at your door and drive you where you need to go. Call VINE and request a ride (3-day advance notice preferred). We drive people to doctor appointments, hair appointments, grocery stores, banks, pharmacies, etc. Door2Door operates mainly inside Mankato, North Mankato and St. Peter. For more information, call (507) 387-1666.

COMPANION SERVICES FOR OLDER ADULTS

Social connections are essential for healthy aging. Do you have a neighbor, friend or family member who is isolated or lonely? Are you interested in volunteering? The Senior Companion Program through Lutheran Social Services matches volunteers with isolated older adults for visits. Contact Fred Snyder at (507) 479-1899 or fred.snyder@lssmn.org for more information.

NEED HELP WITH CHORES?

VINE's handyman can help with minor home repairs. Have something broken or unusable inside your home? VINE can help you with installing grab bars, changing light bulbs, adjusting doors, etc. Call Glenda at (507) 386-5571 for more information.

POWERFUL TOOLS FOR CAREGIVERS (PTC)

- Tuesdays, April 15 - May 20
1 – 2:30 pm
- Catholic Charities Mankato (201 North Broad St, Suite 100)

PTC will help you take better care of yourself while you care for a family member or friend.

- 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

Free and open to the public. Space is limited. Register by April 9. Call Mary at 507-458-9687 or email mcassem@ccsommn.org.

LEARNING THROUGHOUT YOUR LIFETIME

EDUCATIONAL PRESENTATIONS

Unless otherwise noted, all programs take place at the VINE Adult Community Center. Programs are free for members, \$5 for non-members. Registration is **required** at vinevolunteers.org.



MANKATO ZERO WASTE: COMPOSTING & COMMUNITY SWAPS

- Wednesday, April 2
- 11 am – 12:30 pm
- Jane Dow & Betty Winkworth, Mankato Area Zero Waste

Discover practical ways to live more sustainably by reducing waste. Learn how to make the most of the city's organic recycling service, understand the impact of plastics on your health and explore strategies for decluttering your home. Hear about the upcoming Downsize/Reuse Exchange Event & Compost Bin/Rain Barrel Sale happening on April 12. Whether you're looking to give away small appliances or fabrics or purchase a compost bin or rain barrel, this community-wide event, held at VINE, is a great way to give items new life while reducing waste.

LUNCH & LEARN AT MSU



- Friday, April 4, 12 – 1 pm
- Thursday, April 10, 2 – 3 pm
- Friday, April 18, 12 – 1 pm
- Emma Smith, Department of Family & Consumer Science, MSU-Mankato & students
- Cost \$10 per session

April 4: BENEFITS OF FIBER

Learn how to prepare two

delicious varieties of stuffed peppers, packed with wholesome ingredients and a naturally sweetened fruit crisp. Discover how fiber-rich foods support digestion, heart health and overall wellness, while mastering easy, flavorful recipes you can recreate at home.

April 10: REDUCING SODIUM & SUGAR WITH SMART SWAPS

In this interactive cooking and nutrition class, you'll prepare savory chicken and pineapple skewers, flavorful stuffed mushrooms and a creamy pudding parfait. Learn tips for creating healthier versions of your favorite recipes and gain confidence in crafting delicious meals that support your wellness goals.

April 18: MEDITERRANEAN DIET

Learn to prepare a delicious balanced meal featuring garlic sesame salmon, crispy fingerling potatoes and balsamic roasted brussels sprouts. Discover the secrets of Mediterranean-inspired cooking and its heart-healthy benefits.

NOTE: *These events are at MSU. Parking is limited to a few passes in the Gold Lot 17. Please carpool from VINE. More parking information will be provided to attendees.*

BEANS COFFEE COMPANY: THE PERFECT CUP OF JOE

- Tuesday, April 8
- 11 am – 12 pm
- Clay Sharkey, Beans Coffee Company Co-Owner



Join a caffeinated conversation about the journey to mastering the art of coffee roasting. Clay will share the trials, errors and triumphs that led to the creation of their roastery. Learn about the science and craftsmanship behind roasting the

perfect coffee bean and the secrets to brewing a great cup of coffee.

VIRTUAL @ VINE: CORONADO NATIONAL MEMORIAL

- Tuesday, April 8
- 3 – 4 pm
- Southeast AZ National Parks

Virtually join a National Park Service ranger for a discussion of the fascinating circumstances surrounding the Coronado Expedition of 1540-1542, the founding of the Coronado National Memorial and why this hidden gem is still as relevant as ever.

AROUND THE WORLD: AUSTRALIA



- Friday, April 11
- 11 am – 12 pm
- Linda Good & Carol Seifert, Global Travelers

In 2023, Linda and Carol embarked on an unforgettable 28-day adventure around the globe. Hear highlights from Australia, including the Sydney Opera House and the Blue Mountains. Hear about their boat tour around Sydney Harbor, their up-close encounters with kangaroos, koalas and emus and their visit to Mt. Tomah Botanical Gardens. Learn about some classic Aussie favorites like Vegemite, Tim Tams and boomerangs.

MINNESOTA MINUTE WITH ONE MINUTE TOURS

- Friday, April 11
- 1 – 2 pm
- John O'Sullivan, One Minute Tours Creator

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One Minute Tours is Minnesota's largest social video channel about Minnesota. Learn how short, captivating videos are used to showcase Minnesota's hidden gems, iconic landmarks and rich history - all in just 60 seconds. John will share his journey, from inspiration to filming and editing, along with insider tips on storytelling and visual creativity. Take a look at local adventures, the creative process behind short-form storytelling and gain a fresh perspective on Minnesota.

AMERICANS & THE HOLOCAUST TRAVELING EXHIBITION @ MSU

- Monday, April 14
- 11 am – 12 pm
- Meet at MSU-Mankato Memorial Library (601 Maywood Ave.)
- Cami Kottke & Olivia Johnson, MSU Library Services

Visit the Americans and the Holocaust traveling exhibit at the MSU-Mankato Memorial Library. This thought-provoking exhibit examines the motives, pressures and fears that shaped Americans' responses to Nazism, war and genocide in Europe during the 1930s and 1940s. It also explores the roles of the U.S. government, news media and individuals in responding to these historic events. This powerful exhibition has traveled to 50 libraries across the country and is now in Mankato. Library Services will lead the group and answer questions.

NOTE: Park in pay parking lot by the CSU. Carpooling is encouraged.

AUTHOR TALKS: MICHAEL MOORE

- Monday, April 14
- 1 – 2 pm
- Michael Moore, Author & Poet



Join Michael as he shares his work exploring the AIDS Crisis through the lens of the Covid pandemic. Michael has been gathering stories for his manuscript *Not My First Pandemic*, reflecting on the personal and collective impact of these two health crises. He will read from his poetry collections and discuss his journey as a writer and advocate. He will also give details on his upcoming writing workshop focused on personal reflections from the AIDS years and Covid pandemic.

COMPUTER UNIVERSITY: PHOTOGRAPHY

- Monday, April 14
- 5:30 – 7 pm
- Colin Chambers, Mankato Computer Technology & Elizabeth Rossow, Smell the Roses Photography



Make the most of your memories with Lizzie as she demonstrates how to take better photos and guides you through the technical side of managing your pictures - from saving and storing to editing and emailing.

AQUATIC NUISANCE SPECIES: WHY ARE OUR LAKES SO YUCKY?

- Tuesday, April 15
- 11 am – 12 pm
- Gary Phillips, Retired Environmental Studies Professor

Have you ever wondered why some lakes are crystal clear while

others are murky and filled with weeds? There are many impacts that contribute to the health of our waters. Learn about the factors that affect our local lakes and the growing threat of invasive species, such as zebra mussels and invasive plants, which are taking over Minnesota's lakes. Hear what we can do to keep our water clean.

AI: WHAT IS IT?

- Wednesday, April 16
- 1 – 2 pm
- Jason Bruns, Minnesota State Engineering Center of Excellence Director

Artificial Intelligence is everywhere, but what does that mean for us? This interactive discussion is designed to demystify AI and explore its practical benefits. This will be a conversation and demonstration on how AI can be used, where it falls short and how it can make everyday life easier. If you're curious about AI or how it affects us, this is a great opportunity to learn and ask questions.

DOWNSIZING & ORGANIZING

- Thursday, April 17
- 11 am – 12 pm
- Sadie Haugdahl, The Edited Space Owner

Spring is the perfect time to declutter and refresh your space! Learn about downsizing and organizing from a professional as she shares expert tips to help you sort, streamline and create a more functional home. Learn strategies to simplify your belongings, organize your space for safety and donate items that still have life left in them. Make your home feel lighter and more manageable.

PLAY & SOCIALIZE

GAMES & GROUPS

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

500



Wednesdays: 9:30 – 11:30 am

BINGO



Tuesday, April 29: 12 – 1 pm

CRIBBAGE



Tuesdays: 1 – 3 pm

DEVINE SINGERS



Mondays: 1 – 2 pm

Call Peg (507) 327-4639.

DUPLICATE BRIDGE



Mondays & Wednesdays: 1 – 4 pm

Call Raj (507) 351-0133 to register.

GET YOUR YARN ON



Wednesdays: 10 – 11:30 am

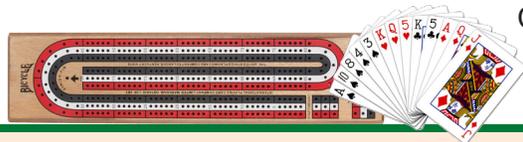
Bring your own craft & supplies.

MAHJONG



Mondays: 1 – 3 pm

Call Susan (507) 571-0091 to join.



ART QUEST STUDIO



Tuesdays: 1 – 3 pm

Art Guild with Open Studio
(Bring your own supplies)

Tuesday April Art Guild canceled due to construction.

Wednesdays: 1 – 3 pm

Paint & Draw (supplies provided)
Please pre-register.

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 16: Book Club - *Patty Jane's House of Curl* by Lorna Landvick

PING-PONG



Mondays & Thursdays:

10:30 am – 12:30 pm

Fridays: 12:30 – 2:30 pm

SOCIAL BRIDGE



Thursdays: 2 – 4 pm

Call Arlyce (507) 317-0617 to register.

SPELLERS



Fridays: 10 – 11 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

Call Deb at (507) 381-9953 to join.

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

BASIC BEGINNING BRIDGE

Thursdays, April 3 - May 8

11 am – 1 pm

Cost: Free for members, \$60 for non-members.

Want to learn to play bridge? This six-week class will cover the basics of bidding, play and strategy in a fun and supportive environment. Perfect for beginners. Build a strong foundation to enjoy this card game.

NOT MY FIRST PANDEMIC WRITING WORKSHOP WITH MICHAEL KIESOW MOORE

Friday, April 25

3 – 5 pm

Free & open to the public

Author Michael Moore will lead a writing workshop at VINE on the topic of surviving the AIDS Crisis. Funded by the MN State Arts Board, his developing manuscript, *Not My First Pandemic*, explores experiences from the AIDS and Covid pandemics. Participants will reflect on these events through guided writing prompts, with the option to share their stories. Michael will also present a reading in Minneapolis this spring, featuring some workshop participants.

GALLERIES

The galleries are free to the public to view when VINE is open.

2nd Floor Gallery

Rotating display of Wednesday Art Quest works

5th Floor Gallery

Closed during construction.



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 and diagonal parking on 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. Check our website for the Greater Mankato trail map.

Thursdays, 10 – 11 am

4/3: Bluff Park

4/10: Benson Park

4/17: Arboretum at Gustavus

4/24: Red Jacket Valley Park (pond side)



HIGHLIGHTED CLASS OFFERINGS



Try one of these highlighted classes. Registration recommended at (507) 387-1666 or vinevolunteers.org. Questions? Call Jen at (507) 386-5588.

PIYO

- Wednesdays, April 2 – 30
2 – 2:45 pm

A low-impact class that blends yoga and Pilates for mind/body inspired movement.

KICKBOXING

- Thursdays, April 3 – 24
11:30 am – 12:15 pm

High-energy punches and kicks targeting various moves, including jabs, crosses, hooks, uppercuts, front kicks and sidekicks. Excellent for burning calories, building full-body strength, boosting cardiovascular health, enhancing coordination and agility and relieving stress.

CIRCUIT CRAZE

- Fridays, April 4 – 25
6:15 – 7 am

Unleash your energy and join this full-body workout which combines a variety of movements in a fun, fast-paced session.

WELLNESS SERIES

Our evidence-based wellness series have weekly classes with a start and end date. Call Jen at (507) 386-5588 to learn more. **Must pre-register.**

DIABETES PREVENTION PROGRAM INFORMATION SESSION

- Thursday, April 3
11 am – 12 pm

Learn about VINE’s Diabetes Prevention Program and ask questions. Call Jen to determine your eligibility and sign up for the info session at (507) 386-5588. The information sessions are free and open to the public.

DIABETES PREVENTION PROGRAM

- Thursdays, starting April 17
11 am – 12 pm

A free, proactive approach to empowering individuals to make healthier lifestyle choices to reduce the risk of developing Type 2 diabetes with group support.



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 Jen at jenw@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.

Members: please tell us if your information changes (phone number, address, insurance, etc.) Thanks!

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

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)

Mondays

6 – 9:30 am
1 – 2 pm
3 – 6:30 pm

Tuesdays & Thursdays

12 – 1 pm
3:45 – 6:30 pm

Wednesdays

6 – 9:30 am
5 – 6:30 pm

Fridays

6 – 9:30 am
5 – 6:30 pm *(excludes 4/25)*

Saturdays

8 – 9:30 am *(no lap swimming)*
10:15 am – 12 pm *(no lap swimming)*



AQUA CLASSES *(register online)*

Mondays

9:30 – 10:30 am: Aqua 2
10:45 – 11:30 am: Aqua 1
2 – 3 pm: Aqua 2

Tuesdays

6:15 – 7 am: Aqua 2
1 – 1:45 pm: Aqua Yoga
2 – 2:45 pm: Aqua 3
3 – 3:45 pm: Aqua Yoga

Wednesdays

9:30 – 10:30 am: Aqua 2
10:45 – 11:30 am: Aqua 1

Thursdays

6:15 – 7 am: Aqua 2
1 – 1:45 pm: Aqua Yoga
2 – 3 pm: Aqua 2
3 – 3:45 pm: Aqua Cardio & Core Blast

Fridays

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

Saturdays

9:30 – 10:15 am: Rotating class
4/5: Aqua 2
4/12: Aqua 2
4/19: Aqua Barre
4/26: Aqua Yoga

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

LAP SWIM *(register online)*

Mondays & Wednesdays

11:30 am – 12:15 pm
12:15 – 1 pm

Tuesdays & Thursdays

7 – 8 am

Saturdays

12 – 12:45 pm
12:45 – 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 Kickboxing: Punch, kick & sculpt your body to be stronger.

Aqua Cardio & Core Blast: Boost cardio and core strength with a low-impact challenge.

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 6 – 9:30 am	Aqua 2 6:15 – 7 am	Open Swim 6 – 9:30 am	Aqua 2 6:15 – 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 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 – 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	FRIDAY FAMILY FUN <p>Friday, April 25, 5 – 6:30 pm \$5 per guest (2 minors per member)</p> <p>Register for intergenerational open swim held monthly. No lap swimming.</p>	
Aqua 2 2 – 3 pm	Aqua Yoga 3 – 3:45 pm		Cardio & Core 3 – 3:45 pm		
Open Swim 3 – 6:30 pm	Open Swim 3:45 – 6:30 pm		Open Swim 3:45 – 6:30 pm		

GROUP EXERCISE CLASSES



Mondays

- 6:15 am: Total Body Strength
- 8:15 am: Move it More
- 9 am: Chair Yoga
- 10:15 am: Combo Fit
- 1 pm: Parkinson's Powerful Principles
- 1 pm: Chair Yoga
- 4:30 pm: Cardio-Strength

Tuesdays

- 8:30 am: Stretch & Flex
- 9 am: Yoga for Health
- 9:30 am: Zumba®
- 10:30 am: Barre
- 10:30 am: Chair Yoga
- 11:30 am: Strike Strong
- 1 pm: Forever Fit

Wednesdays

- 6:15 am: Total Body Strength
- 8:15 am: Move it More
- 9 am: Chair Yoga
- 10:15 am: Combo Fit
- 1 pm: Chair Yoga
- 2 pm: PiYo
- 4:30 pm: Zumba

Thursdays

- 8:30 am: Roll & Restore
- 9 am: Yoga for Health
- 9:30 am: Zumba®
- 10:30 am: Chair Yoga
- 10:30 am: Pilates
- 11:30 am: Kickboxing
- 1 pm: Forever Fit
- 1 pm: Parkinson's Powerful Principles

Fridays

- 6:15 am: Circuit Craze
- 8:15 am: Move it More
- 9 am: Chair Yoga
- 10 am: Gentle Yoga
- 10:15 am: Combo Fit
- 1 pm: Restorative Yoga (4/4 & 4/18)

Saturdays

- 10:30 am: Yoga for Health



STRENGTH

CARDIO

BALANCE & RELAXATION

GROUP EXERCISE CLASS DESCRIPTIONS

Barre is designed to tone, sculpt & 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 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*

Kickboxing high-energy movement excellent for building full-body strength, enhancing agility & relieving stress. *Level 3*

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*

PiYo is a low-impact class that blends yoga & Pilates for mind/body inspired movement. *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*

Total Body Strength works the upper & lower body using free weights, bands, body bars & medicine balls. *Level 3*

Yoga classes are instructional, focusing on alignment & a mindful experience. Modifications are provided. *Level 2/3*

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

SATURDAY ROTATING CLASSES

- | | | |
|----------------|-----------------------------|-----------------------------|
| 8:30 - 9:15 am | 4/5: Cardio Strength | 4/19: PiYo |
| | 4/12: Barre | 4/26: Stretch & Flex |

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

WALK WITH A DOC

- Tuesday, April 8
5:30 – 6:30 pm

Take a walk on VINE's indoor track with a Mayo doctor, on the 2nd Tuesday of the month.

Register with Jen at (507) 386-5588. Free and open to the public.

CARDIAC REHAB GROUP

- Tuesday, April 15
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.

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.

PICKLEBALL CLINIC

- Thursday, April 17
2 – 3 pm (meet at Picklebarn)
- Free for VINE members

Tour the Picklebarn and learn how to play Pickleball on the 3rd Thursday of the month. Registration required.

VINE OPEN PLAY

- Tuesdays & Thursdays,
1 – 3 pm (meet at Picklebarn)
90 Power Dr. Mankato
- Cost: \$6 for VINE members
paid to the Picklebarn

EAR CLEANING & HEARING ASSESSMENTS AT VINE



- Wednesday, April 23
9 am – 12 pm
(10-minute appointments)
- Cost: \$5

Regular ear cleaning and hearing assessments are essential for maintaining your overall well-being, preventing potential issues before they become problematic. Ensure your auditory health is in top condition with service provided by students and faculty of the MSU-Mankato College of Allied Health. Have your ears cleaned and your hearing assessed by future healthcare professionals, under the guidance of experienced faculty. Registration required.

MANKATO SYMPHONY ORCHESTRA: "ROMANTIC MELODIES"



- Friday, April 25
12 – 1 pm
- August Jeske & Mankato
Symphony Orchestra Musicians
- Free & open to the public

See, Hear, Play, explores the lush and profound melody-driven music of the Romantic period, featuring composers Dvorak and Sibelius. Join August and the quartet for a deep dive into what makes a melody memorable and evocative.

TIMELESS WELLNESS: HOW TO GET UP SAFELY AFTER A FALL



- Friday, April 25
1 – 2 pm
- Jen Wunderlich, Certified
Exercise Physiologist, M.S.
Exercise Physiology

Join VINE's Health and Wellness

Manager, Jen, for a helpful session on staying safe after a fall. Learn simple step-by-step techniques to get up calmly and confidently. Don't miss this opportunity to improve your fall recovery skills.

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.

Meet one of our personal trainers: Jen Wunderlich. Jen holds a Master's in Exercise Physiology from MSU-Mankato. She specializes in working with individuals managing chronic conditions and joint replacements. Passionate about helping people find the right exercise balance for their bodies, Jen designs challenging, fun and rewarding programs that build strength, balance, flexibility and endurance.

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

Questions? Contact Jen at jenw@vinevolunteers.org or (507) 386-5588 to learn more or sign up with a CPT.



Jen
Wunderlich



TRAVEL WITH VINE & COLLETTE

Want to travel the world, but not sure where to begin? VINE has partnered with Collette Travel to offer trips to must-see destinations, including a March getaway to Croatia and an April adventure through Ireland and Scotland. Don't miss this chance to start take your next dream vacation!

If there's a Collette tour you're interested in that's not part of our current offerings, let us know. We can help make arrangements for individual trips. For more information, contact Meghan at meghanv@vinevolunteers.org or (507) 386-5576.

2026 TRAVEL SHOW WITH COLLETTE

- Thursday, April 10
- 11 am – 12 pm
- Katie Ganshert, Collette Travel

Not sure where to start when planning your next adventure? VINE has been helping travelers explore the world. Join Katie as she shares exciting details about our upcoming group trips for 2026, including breathtaking journeys to Croatia and Scotland/Ireland in the spring. Plus, get an exclusive sneak peek at two more trips currently in the works. Start planning your next great adventure!

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

VINE MEMORIALS

VINE gratefully acknowledges contributions received in February in honor of Mark Miller, Tim Ray and Barb Robinson.

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 marissap@vinevolunteers.org or (507) 386-5580.



BIRTHDAY FUNDRAISERS

Consider creating a birthday fundraiser on Facebook to benefit VINE. This gives your friends and family the opportunity to give a gift to VINE in your honor. Several VINE members and volunteers have participated in this selfless opportunity and we are so grateful. Call (507) 386-5573 if you need help.

LOVE *your* AGE

VINE'S 55+ EXPO



SAVE THE DATE

Mark your calendars for the Love Your Age VINE's 55+ Expo on Tuesday, **September 16** from 1–5 pm at the Mankato Civic Center.

The event is free and open to the public. Attendees can visit vendors, socialize with peers, listen to informative presentations, get free health assessments, sign up for door prizes and more.

CONSTRUCTION UPDATE



Exciting changes are coming to VINE! Thanks to a local angel donor couple, the VINE Adult Community Center (VACC) will be undergoing renovations to improve accessibility, parking and amenities.

Work will start on the 5th floor in April and move downward in the building. Outdoor improvements, including the parking lot and main entrance, will kick off when the weather allows.

More details can be found on our website, Facebook page and on a display in the lobby. We will email VACC members weekly updates including any programming changes once construction begins. If we do not have your email address, please email vine@vinevolunteers.org, call (507) 387-1666 or stop by the front desk to be added to the email list.

Thank you for your patience during the construction.

REGISTRATION REMINDER

As we enter the construction phase, registering for and canceling group fitness classes will be even more important. Class sizes and schedules may need to change. With construction comes unpredictability and we want to keep you informed. If you're unsure how to register, please ask for assistance at the front desk or visit our website to watch a helpful video tutorial.



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



Spring is in the air and it's the perfect time for a refresh! Whether you're clearing out clutter or looking for a new piece to brighten your home, the VINE Home Thrift Store has you covered. Donate or shop for gently used furniture and décor. Every donation and purchase supports VINE's programs for older adults in our community.



Donate · Shop · Volunteer

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.

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

