

THE VIEW from VINE

MAY 2025



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
May 26 for
Memorial Day**



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



Glenda Bechtold

LIVING YOUR BEST LIFE

May is Mental Health Awareness Month, but when we hear the term "mental health," we often think of struggles rather than strengths. Good mental health is about living in a way that aligns with our best life—where how we think, feel and act support

our overall well-being. At VINE, we are here to help foster a lifestyle that helps older adults stay active, engaged and connected, all of which contribute to feeling our best.

There are many ways to cultivate a fulfilling life, and small, intentional choices can make a big difference. Some of the most effective strategies for improving mental well-being are already part of what is offered at VINE:

Move Your Body: Physical activity has a powerful effect on mood and energy. Whether you enjoy walking our indoor track, swimming in the pool or joining a group exercise class, regular movement keeps both the body and mind strong.

Keep Learning: Challenging your brain helps maintain cognitive function and keeps life interesting. At VINE, you can explore history, music, technology, travel and so much more through our ongoing social and educational programs.

Prioritize Your Health: Regular check-ups, stress management and carving out time for self-care are all essential for long-term well-being. We offer evidence-based classes on arthritis and diabetes, as well as specialized programs for those impacted by dementia and Parkinson's disease. Plus, VINE's Aging Well at Home services, including Hot Meals on Wheels, Door-2-Door transportation and Caregiver Support, provide additional support to help you stay independent.

Find Purpose: Engaging in meaningful activities, such as volunteering, brings a sense of fulfillment. Many VINE members find joy in giving back, in ways such as delivering meals or giving rides, helping at the VINE Home Thrift Store or volunteering at the VINE Adult Community Center.

For those interested in improving the way they feel, VINE also offers The Program to Encourage Active, Rewarding Lives (PEARLS), an evidence-based program designed to help older adults experiencing symptoms of depression. Through one-on-one coaching, participants learn problem-solving skills and behavioral techniques to make lasting changes in their lives.

PEARLS participants work with a trained coach to identify and address personal challenges using a structured problem-solving approach. With guidance, they define issues they want to tackle and develop realistic solutions. Many individuals focus on concerns like role changes as we age, caregiver stress, loneliness or health-related issues.

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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)
- 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. Contact Glenda at glendab@vinevolunteers.org or (507) 386-5571 to learn more.

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Coaches also encourage participants to engage in social and physical activities, as activity has been shown to improve mood and overall well-being. Each session includes discussions on ways to incorporate enjoyable activities into daily life, reinforcing the importance of staying engaged.

PEARLS is available to adults 60 and older living in Blue Earth, Nicollet, Le Sueur, and Watonwan counties. Sessions are only \$10, thanks to funding from the Minnesota River Area Agency on Aging and Consolidated Communications.

At VINE, we believe that small, intentional choices can lead to a happier, healthier life. If your goal is to move more, learn something new or find a sense of purpose, we're here to support you every step of the way.



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
May 14, 1:30 – 3 pm
- 3rd Wednesday of the month,
May 21, 5:15 – 6:15 pm
- 3rd Thursday of the month,
May 15, 3 – 4 pm
- 4th Wednesday of the month
May 28, 1:30 – 3 pm

Please be considerate if you're unable to attend a support group you've signed up for. Reserving a spot and not attending may prevent another caregiver in need of support from having the opportunity to participate. If you can't make it, please let us know as soon as possible so we can offer the spot to someone else. Thank you.

Services supported in part by:



Proud Partner Agency



GET YOUR DUCKS IN A ROW

Invest in your peace of mind and your family's security by gathering essential information with VINE's *Guidebook for Gathering & Storing Significant Personal Information*. Ensure your loved ones have a centralized resource after your passing.

The guidebook is available for \$15 at VINE's front desk.



FIVE WISHES LIVING WILL/ ADVANCE DIRECTIVE

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 on your behalf. 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 properly signed, the document is valid and legal under MN law.

The Five Wishes document can be purchased for \$5 at VINE.

HOT MEALS ON WHEELS

Volunteers deliver a nutritious noon meal on weekdays 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 \$5 meals. Automatic withdrawals are available. Meal orders and cancellations must be received by 1 pm the day prior.

Call (507) 387-4076 to learn more.



NEED A RIDE?

Looking for an easy, affordable way to get around? TRUE Transit is here to help! Operated by VINE, TRUE Transit is a public transportation service that offers reliable dial-a-ride transportation throughout Blue Earth, Le Sueur and Nicollet Counties for just \$5 each way.

Service is available Monday – Friday, from 8 am – 5 pm and is open to everyone, no age or income restrictions. Whether you're heading to a medical appointment, grocery store, social outing, or work, TRUE Transit will pick you up at your door and drop you off exactly where you need to go. All of our buses are equipped with mobility lifts to assist those who may need help getting on or off, ensuring the ride is comfortable and accessible for all passengers.

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

DOOR-2-DOOR TRANSPORTATION

VINE's Door-2-Door 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. Door-2-Door 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.

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.

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.



A VISIT TO ROME - THE ETERNAL CITY

- Thursday, May 1
- 11 am – 12 pm
- Bill Bukowski, Bethany Lutheran College Professor Emeritus

Join Bill for an engaging journey through one of the world's most fascinating cities, Rome! Having traveled there many times, he has developed a deep appreciation for the art, history and culture that make the "Eternal City" truly timeless. If you've visited before, are planning a trip or want to explore Rome from the comfort of your chair, he will transport you to its ancient streets, architecture and atmosphere to show you what makes this city so special.

A CONVERSATION WITH AMIT & ERNESTO

- Friday, May 2
- 12 – 1 pm
- Amit Peled, Cellist & Ernesto Estigarribia Mussi, Music Director, Mankato Symphony Orchestra (MSO)

Don't miss this fascinating conversation with internationally renowned cellist Amit and MSO Music Director Ernesto. Amit, who grew up in Israel, will be performing Dvořák's Cello Concerto with MSO for their

season finale on May 4. Ernesto, originally from Paraguay, leads the symphony with a passion for bringing music to life. Both musicians have incredible journeys and unique perspectives on classical music. Hear their stories, ask questions and gain insight into the world of two extraordinary artists.

THE CARE DOULA: CARING NUTRITION FOR LIFE'S TRANSITIONS

- Tuesday, May 6
- 11 am – 12 pm
- Kelsey Bigbee, The Care Doula

Kelsey is a registered dietitian, personal chef and founder of Care Doula. She will share her unique food philosophy and how food is used to nourish ourselves and build community. The Care Doula offers a variety of services including meal prep, nourishment plans and a unique International Supper Club, with a goal of providing holistic, non-judgmental support through all of life's transitions - big and small.

VIRTUAL @ VINE: AGE-FRIENDLY VIBES

- Wednesday, May 7
- 11 am – 12 pm
- Jan Golden, Age-Friendly Vibes Founder

Join Jan, a Denver-based web developer turned greeting card designer, as she shares her journey into creating age-positive greeting cards. Inspired by a greeting card contest during COVID, Jan used her design and tech skills to craft cards that celebrate aging instead of dreading it. As a pro-age advocate, she'll explore her work with Changing the Narrative,

a national initiative to end ageism. See how age-based biases show up in everyday life, sometimes in the most unexpected places. Learn how small changes in language and perspective can help shift the narrative on aging and celebrate life's milestones with joy.

LIVING YOUR BEST LIFE

- Thursday, May 8
- 11 am – 12 pm
- Glenda Bechhold, VINE's PEARLS Coach

When we hear "mental health," it can feel heavy, but what if we looked at it differently? Learn 12 simple, powerful tips that promote positive thinking, emotional well-being and everyday joy. These tools aren't just about improving mental health, they're about creating a life that truly feels good to live. You deserve to think, feel and act in ways that align with your best self.

AROUND THE WORLD: UNITED ARAB EMIRATES

- Friday, May 9
- 11 am – 12 pm
- Linda Good & Carol Seifert, Global Travelers



Linda and Carol will continue their journey around the world, with their next stop in the United Arab Emirates. Experience the stunning architecture of Dubai, from the world's largest hotel and tallest building to the Museum of the Future and the iconic Burj Al Arab. Step inside the breathtaking Blue Mosque in Dubai and the Sheikh Zayed Mosque in Abu Dhabi. Marvel at the artwork housed in the Louvre Abu Dhabi and venture into the desert for a thrilling dune buggy ride.

CHRONIC PAIN MANAGEMENT IN OUR COMMUNITY

- Tuesday, May 13
- 12 – 1 pm
- Dr. Cole Cheney, M.D., Mayo Clinic Health System Pain Medicine Physician
- Free & open to the public

Chronic pain can significantly impact quality of life, often requiring more than just medication to manage effectively. Join Dr. Cheney as he discusses the complexities of chronic pain and how a multidisciplinary, community-focused approach can offer hope and relief. This presentation will explore the role of interventional pain practices, like injections or nerve blocks, within a comprehensive pain management model.

ARTWORK FROM THE CANADIAN ARCTIC

- Wednesday, May 14
- 11 am – 12 pm
- Barb Maher, Former Baffin Island Resident

Discover the artistry and traditions of the Inuit people through Barb's fascinating collection of soapstone, ivory and whale bone carvings. Created by artists from the Canadian Arctic using materials native to Baffin Island, these unique pieces showcase a little-known culture's incredible craftsmanship. Having lived in the region in the early 1990s, Barb will share her experiences and deep admiration for the Inuit way of life.

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

LEGAL CHECK-UP

- Thursday, May 15
- 11 am – 12 pm
- Mary Ann Rivers, Southern Minnesota Regional Legal Services

Become more confident about your civil legal rights. Explore important topics like financial and personal safety, housing issues, benefits, Power of Attorney and other common concerns for older adults. Throughout the presentation, you'll play a few rounds of BINGO to help reinforce what you've learned on topics such as benefit denials, waivers, long-term care concerns, unpaid bills and housing insecurity. An attorney from SMRLS will be available from 12 – 1 pm for private, confidential conversations. Gain a better understanding of your rights and take charge of your legal wellness.

COMPUTER UNIVERSITY: BUYING A NEW COMPUTER? WHAT TO KNOW

- Monday, May 19
- 5:30 – 7 pm
- Colin Chambers, Mankato Computer Technology



Is your computer ready for what's next? With Windows 10 reaching end-of-life in October, now's the time to find out if your current device can be upgraded to Windows 11, or if it's time to consider a new machine. In this helpful session, you'll learn the key signs your computer may be falling behind, what to look for in a replacement and how to choose the right programs and applications for your needs. Get expert tips and leave feeling confident about your next tech move.

SCAMS: MN ATTORNEY GENERAL'S OFFICE ROAD SHOW

- Tuesday, May 20
- 11 am – 12 pm
- Matt Gladue & Karthik Raman, Office of MN Attorney General

Scams targeting senior citizens come in all types and sizes, range greatly in complexity and may originate from someone close to you or a stranger halfway around the world. Join staff from the MN Attorney General's Office for a presentation and conversation about common scams targeting seniors and what you can do to keep yourself safe.

FROM SOURCE TO SEA, DOWN THE MISSISSIPPI RIVER

- Thursday, May 22
- 11 am – 12 pm
- Zak Rivers, Photographer, Filmmaker & Musician

Last June, Mankato native Zak set out on a remarkable journey with the goal of paddling the entire 2,340 miles of the Mississippi River from its headwaters at Lake Itasca to the Gulf of Mexico. With his canoe, camera and cello in tow, Zak has documented his experiences through music and film, sharing his adventure along the way. His past project "Greybeard: The Man, The Myth, The Mississippi," is a documentary about the oldest person to complete a source-to-sea paddle of the river. Hear firsthand about Zak's extraordinary journey, the people he met, the music he played and the stories he captured along one of America's most iconic waterways.



PLAY & SOCIALIZE

GAMES & GROUPS

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

500



Wednesdays: 9:30 – 11:30 am

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.

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.
May 21: Game Night - Pokeno.
Bring a \$10 prize to play.

MEMBERS NOOK



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

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.

TRIVIA



Thursday, May 29: 12 – 1 pm

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.

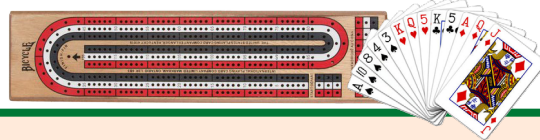
MAHJONG FOR BEGINNERS



Wednesdays, May 7 - 21
1 – 2 pm

Curious about Mahjong? Join Sue for a beginner-friendly class where you'll learn the basics of this fun and strategic tile game. Build confidence and sharpen your skills—so you can join the ongoing Monday Mahjong group with ease.

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



ART QUEST STUDIO



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

Tuesday May Art Guild canceled due to construction.

Wednesdays: 1 – 3 pm
Paint & Draw (supplies provided)

Beginner's Art Course Series with Judith Forster and Margie Larson. Registration required with \$10 supply fee for the 4-week series.

May 7: Basic Drawing/
Perspective/Composition

May 14: Color Theory

May 21: Art History

May 28: Art Supplies Demo and Tips

Thursdays: 1 – 3 pm
Art For Everyone (supplies provided)

May 1: Basic Drawing Tools for
Special Effects

May 8: Negative Space Drawing

May 15: Drawing Botanicals

May 22: Take Home Project

May 29: Contour Line Drawing

**Payment for classes with a fee is required at the time of registration. Your spot is not confirmed until payment is received. Fees are non-refundable. Class sizes are limited. Wait lists may apply.*

GALLERIES

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 provides a safe, scenic place to walk.

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

5/1: Land of Memories

5/8: Sakatah Singing Hills Trail (near Wickersham)

5/15: Indian Lake Conservation Area

5/22: Bray Park

5/29: Hiniker Pond

BIKING GROUP *NEW!



No matter what kind of bike you ride, explore local trails with VINE's new biking group. It's a fun

WALK WITH A DOC

- Tuesday, May 13
5:30 – 6:30 pm
Free & open to the public.

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.

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, May 15
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

CARDIAC REHAB GROUP

- Tuesday, May 20
1:30 – 2:30 pm
Free & open to the public.

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.

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 or register. **Must pre-register.**

KNEE REPLACEMENT CLASS

- Tuesdays & Thursdays,
May 6 – June 26
2 – 3 pm

After your knee replacement and physical therapy, join this supervised, evidence-based small group to regain strength, flexibility and stamina.

\$200 for Social members and non-members, \$80 for Basic and Premium members.

TAI CHI FOR ARTHRITIS & FALLS PREVENTION

- Mondays & Wednesdays,
June 2 – July 23
10 – 11 am
Sibley Park Bandshell Area
(If bad weather, held at VINE)

Tai Chi uses mindful, slow movements to improve relaxation, balance, strength and mobility. It's easy to learn and safe for older adults.

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



Tuesdays, 10 – 11 am

5/6: Spring Lake Park (shelter #3)

5/13: Sibley Park (bandshell)

5/20: Red Jacket Trail (Co. Rd. 1 & Indian Lake Rd.)

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.

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 5/30)*

FRIDAY FAMILY FUN

May 30, 5 – 6:30 pm, \$5 per guest (2 minors per member) Register for intergenerational open swim held monthly. No lap swimming.

Saturdays

8:45 – 9:30 am *(no lap swimming)*
10:15 am – 12:45 pm *(no lap swimming)*

P 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 Chi

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
5/3: Aqua HIIT
5/10: Aqua 2
5/17: Aqua Kickboxing
5/24: Aqua Yoga
5/31: Aqua 2

LAP SWIM *(register online)*

Mondays & Wednesdays

11:30 am – 12:15 pm
12:15 – 1 pm

Tuesdays & Thursdays

7 – 8 am

Saturdays

8 – 8:45 am
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 Cardio & Core Blast: Boost cardio and core strength with a low-impact challenge.

Aqua Chi: A gentle class with breathwork to improve balance, flexibility & relaxation.

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

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	Lap Swim 8 – 8:45 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	Open Swim 8:45 – 9:30 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	Rotating Class 9:30 – 10:15 am
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	Open Swim 10:15 am – 12:45 pm
Open Swim 1 – 2 pm	Aqua 3 2 – 2:45 pm	Open Swim 5 – 6:30 pm	Aqua 2 2 – 3 pm		Lap Swim 12:45 – 1:30 pm
Aqua 2 2 – 3 pm	Aqua Chi 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		

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

GROUP EXERCISE CLASSES



GROUP EXERCISE CLASS DESCRIPTIONS

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 (5/2 & 5/16)

Saturdays

10:30 am: Yoga for Health

Barre designed to tone, sculpt & lengthen your muscles from head to toe. *Level 2/3*

Cardio-Strength a high-intensity class getting 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*

Circuit Craze full-body workout combining a variety of movements in a fast-paced session. *Level 3*

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 1*

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

SATURDAY ROTATING CLASSES

8:30 - 9:15 am

5/10: Barre

5/24: Stretch & Flex

5/3: Strike Strong

5/17: Circuit Craze

5/31: Chair Yoga

CONSTRUCTION UPDATE



Exciting changes are happening at 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 begin in May on the 5th floor and will move downward in the building. Outdoor improvements, including the parking lot and main entrance, will kick off when the weather allows.

We will share more details on our website, Facebook page and on a display in the lobby. We will email VACC members weekly updates including any programming changes. 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

While we are under construction, 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.



HIGHLIGHTED CLASS OFFERINGS



Try one of these classes. Registration is required at (507) 387-1666 or vinevolunteers.org.

CIRCUIT CRAZE

- Fridays, May 2 – 30
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.

RESTORATIVE YOGA

- Fridays, May 2 & 16
1 – 2:30 pm

This calming yoga practice uses supported poses, that are long, passive holds and deep breathing to reduce stress, release tension and promote relaxation and healing.

AQUA CHI *NEW

- Tuesdays, May 6 – 27
3 – 3:45 pm

A gentle, flowing water exercise class that combines elements of Ai Chi, Tai Chi and deep breathing for improved balance, relaxation and flexibility. This mindful movement practice promotes stress relief, core stability and overall well-being. Perfect for all abilities.

TIMELESS WELLNESS: EXPLORING MANKATO'S OUTDOOR EXERCISE OPTIONS



- Friday, May 23
1 – 2 pm

Discover the many ways you can stay active and enjoy the great outdoors in Mankato. This class will highlight the benefits of exercising in nature and introduce you to various outdoor exercise opportunities.

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 these videos, email Jen at jenw@vinevolunteers.org.

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 exercise.

Meet one of our personal trainers: Megan holds a B.S. in Human Development & Family Science with a focus on Adult Development and Aging, a minor in Gerontology, an A.A. in Occupational Therapy Assisting, and a Master's in Clinical Social Work. She's passionate about supporting physical and mental well-being and creates personalized, enjoyable and effective programs tailored to each client's goals.

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.



Megan FitzSimmons

BLOOD DRIVE AT VINE



- Friday, May 23
11 am – 4 pm

Make an appointment online at redcrossblood.org, on the Red Cross app or call 1-800-RED CROSS. Walk-ins are also welcome.

TRAVEL WITH VINE & COLLETTE IN 2026

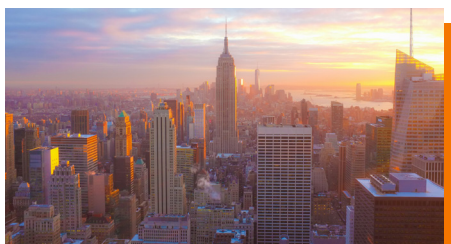
Looking ahead to your next adventure? VINE is partnering with Collette Travel to offer four unforgettable trips in 2026. There's something for everyone. For more information, contact Meghan at meghanv@vinevolunteers.org to learn more and reserve your spot.

Winter in Croatia: March 7 – 16
Explore Opatija, Pula Amphitheater, Zadar, Split, Zagreb and more.

Exploring Scotland & Ireland:
April 26 – May 8
Visit Edinburgh, St. Andrews, Loch Ness, Derry, Giant's Causeway, Dublin and more.

African Safari: Kenya & Tanzania: September
Details, dates and registration coming soon.

Spotlight on New York City Holiday: December 1 – 5
Experience the magic of NYC at Christmastime - Radio City Christmas Spectacular, Ellis Island, Broadway show and more.



VINE MEMORIALS

VINE gratefully acknowledges contributions received in March in honor of Gene Baer and David and Joseph Nefzger.

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



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.



Barb Muellerleile



VOLUNTEER SPOTLIGHT

For Barb Muellerleile, volunteering at VINE isn't just about giving back; it's about finding a place where she feels truly connected. She first discovered VINE through pool classes, where she quickly bonded with fellow participants. One unforgettable chat was with a former crop duster pilot who had met her great-grandmother and knew her childhood teacher, small-world moments that made VINE feel like home.

Volunteering naturally began at the pool, where friendships from Zumba gave her the confidence to dive in. "I had church and school commitments, but VINE brought new friendships and experiences I needed," Barb shares. "Now, I even travel with my VINE friends and I have a hippo story from Africa!" Catch her at VINE for a joke or a story; you'll likely leave smiling.

Over the past decade, Barb has given her time to Meals on Wheels, Yoga and Caring Connection. Whether swapping flower seeds or sharing laughs, she's found joy in the little things. A recent visit with a 104-year-old woman preparing to leave her longtime home reminded her that while life changes, meaningful connections endure.

"Volunteering at VINE fills my bucket," Barb says. She encourages others to get involved and find the same sense of belonging.

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>	



Spring has arrived - time to refresh your space! Clear out clutter by donating furniture and décor to the VINE Home Thrift Store or find a unique treasure to brighten your home. Our ever-changing selection offers something special for every style. Every donation and purchase helps support VINE's programs for older adults in our community.



Donate · Shop · Volunteer

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

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.

