



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.



Groundbreaking Ceremony

## VINE RENOVATIONS BEGIN

On May 13, the community gathered for a groundbreaking ceremony to officially launch a major renovation and remodel of the VINE Adult Community Center (VACC). With shovels in hand and smiles all around, the event marked

more than just the start of construction - it signaled the beginning of an exciting new chapter for VINE and the communities it serves.

This work is made possible by the extraordinary generosity of donors, Jim and Jennie Ward, whose gift is bringing long-envisioned improvements to life. "We are honored to fund this transformative project at VINE, a place where older adults in our community have an opportunity to embrace lifelong learning, social connection and healthy living. Our goal is to ensure that age is never a barrier to opportunities that enrich the mind, strengthen the body and nourish the soul," said Jennie.

The timing of the renovation is especially meaningful as VINE celebrates its 30th anniversary and responds to the needs of its growing membership. "Indoors, members can look forward to expanded fitness areas, inviting social spaces, a fully renovated women's locker room and the addition of a new co-ed changing room," said Melinda Wedzina, VINE's CEO. "Our redesigned lobby will be bright, welcoming and easier to navigate - creating a first impression that reflects the energy and spirit of our center. Outside, more parking and improved entryways will make every visit to VINE more convenient and inclusive."

Designed by Brunton Architects and managed by APX Construction Group, the project is a careful balance of form, function and minimal disruption. "From the start, we've been intentional about keeping as many programs running as possible while construction is underway," Melinda added. "We're grateful for everyone's patience and support as we move through this exciting evolution of our space."

Construction will proceed in phases. Initial work will focus on the east parking lot and interior improvements to the women's locker room and the 2nd, 3rd, and 5th floors. The second phase will address the west side lot and first floor, including the co-ed changing room, redesigned lobby and fitness center.

The VACC will remain open throughout the renovation. Members can continue to enjoy fitness classes, volunteer opportunities, social gatherings and more. "When the fitness center undergoes renovation, it will be closed for about two months," said Melinda. "To ensure members can keep moving, we'll temporarily relocate HUR strength machines to new second-floor spaces and offer cardio equipment in the new third-floor Cardio Studio."

The full project is expected to be completed by the end of the year, with updated spaces opening as they are finished.

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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](mailto:glendab@vinevolunteers.org) or (507) 386-5571 to learn more.

Services supported in part by:



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"This transformation wouldn't be possible without the unparalleled commitment of our angel donors, Jim and Jennie Ward," said Melinda. "Their belief in our mission—and in the power of this space to improve lives—is a gift to our entire community."

As the Wards shared, "This is more than just a building and parking lot project—it's a people project, an investment in the individuals who have shaped this community for generations. We are honored to help create a space where older adults can continue to thrive for years to come."

Throughout construction, VINE is committed to keeping members informed, safe and supported. Watch for weekly email updates, signage and regular posts on VINE's website and Facebook page.



## 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. Care giving can be rewarding as well as physically and emotionally draining.

Trained Caregiver Coaches can meet with you to address specific situations in your care giving 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, care giving 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).

### Mankato Support Groups

#### VINE Adult Community Center

- 2nd Wednesday of the month  
June 11, 1:30 – 3 pm
- 3rd Wednesday of the month,  
June 18, 5:15 – 6:15 pm
- 3rd Thursday of the month,  
June 19, 3 – 4 pm
- 4th Wednesday of the month  
June 25, 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.

Proud Partner Agency



## 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.

## 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.

## Adopt-A-Lawn Volunteer

VINE has a full mowing list and is looking for people interested in adopting a yard. We'll try to assign a house that is near you. If you don't have a mower, you can help our staff as they mow other lawns. For more information, please call Glenda at (507) 386-5571.



## NEED A RIDE?

TRUE Transit is a public transportation service that offers dial-a-ride transportation throughout Blue Earth, Le Sueur and Nicollet Counties Monday - Friday between 8 am - 5 pm for just \$5 a ride. 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.

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

*"It's great, a wonderful service that I am glad to have, I would be stuck without it. They take me to all my medical, dental and hair appointments. I use VINE for everything." - Virginia, Passenger*

## 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.

## 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.

## BREAKING COMMUNICATION BARRIERS

- Tuesday, June 17  
1 – 2:30 pm  
Free & open to the public

This interactive presentation with Joyce Kolbet, VINE Caregiver Coach, for caregivers focuses on ways to improve communication and stay connected despite barriers like hearing loss, vision loss, dementia or stroke. Hear about an online resource that can help caregivers learn skills and be attentive to self-care. Call (507) 387-1666 to register.

## FIVE WISHES LIVING WILL/ADVANCE DIRECTIVE

- Wednesday, June 18  
4 – 5 pm  
\$5 for the document

Five Wishes is a living will for your personal, emotional and spiritual needs and your medical wishes. 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. Call (507) 387-1666 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](http://vinevolunteers.org).



### MY 65 YEAR LOVE AFFAIR WITH THE NORTH SHORE

- Tuesday, June 3
- 1 – 2 pm
- Tim Pulis, North Shore Enthusiast

Tim will share a lifetime of memories and experiences along Minnesota's scenic North Shore. From childhood camping trips to countless visits filled with hiking, sightseeing and outdoor adventures, Tim will highlight the many things to see and do in this beloved region. Whether you're planning your first trip or reminiscing about your own North Shore getaways, this presentation is sure to inspire your next adventure.

### HOLY GROUNDS: BUILDING COMMUNITY ONE CUP AT A TIME

- Thursday, June 5
- 11 am – 12 pm
- Nora Henry, Holy Grounds Breakfast Program

Small acts of kindness—like a warm meal and a friendly conversation—can make a big difference. The Holy Grounds Breakfast Program is a community-based initiative dedicated to providing meals and connection to those in need. Serving approximately 100 meals each Monday through Saturday

morning, this program offers more than just food—it fosters a sense of belonging for individuals facing housing insecurity, financial hardship and social isolation. Learn about its impact, how it has grown over the years and how you can be involved in supporting this important community effort.

### COMPUTER UNIVERSITY: CUTTING THE CABLE CORD

- Monday, June 9
- 5:30 – 7 pm
- Mankato Computer Technology



Thinking about canceling your cable subscription? You're not alone. Join Mankato Computer Technology for an informative session on cutting the cord. They will walk you through the process of moving away from traditional cable or satellite TV and switching to more flexible, cost-effective streaming options. Learn about the devices, services, internet requirements and other tools you'll need to make the transition.

### VIRTUAL @ VINE: THE LONG ROAD TO FREEDOM, THE U.S. ARMY & JUNETEENTH

- Tuesday, June 10
- 11 – 11:45 am
- CILC & National Museum of the U.S. Army

This virtual program explores how, on June 19, 1865, Union Major General Gordon Granger arrived in Galveston, Texas and issued General Orders No. 3, officially freeing 250,000 enslaved people—two years after the Emancipation Proclamation. Known as Juneteenth, or Jubilee Day, the event became one of several local holidays marking the end of slavery in the South.

For the Army, it also honors Black Soldiers who fought to uphold the Constitution's promise to all Americans. Learn about the Army's role in emancipation and the courageous service of Black Soldiers, which helped secure Civil War gains and expanded military opportunities for Black Americans.

### VINE DINING: MOM & POPS

- Tuesday, June 10
- 12:30 – 1 pm
- 629 N Riverfront Dr, Mankato
- Casey Neitzel, Mom & Pops Owner



Join us for a sweet summer outing to Mom & Pop's Ice Cream in downtown Mankato! Housed in a beautifully restored building dating back to 1856, this local favorite blends rich history with rich flavors. As you enjoy a scoop of hand-dipped ice cream, take in the mural of historic photos and browse the artifact case filled with treasures uncovered during previous construction.

### MEDICAL ASSISTANCE FOR LONG TERM CARE

- Wednesday, June 11
- 11 am – 12 pm
- Lisa Chesley, Chesley Law Attorney

Lisa will cover the essentials of Medical Assistance for Long-Term Care. She will explain how to qualify for benefits, strategies for reducing assets to meet eligibility

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

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requirements and what families need to know about estate recovery. Learn how individuals and families can better plan for long-term care needs and understand the legal and financial aspects of Medical Assistance.

## VERTIGO

- Thursday, June 12
- 11 am – 12 pm
- Katie Swanson & Megan Linder, Mankato Clinic Physical Therapists

Vertigo is a specific type of dizziness that creates the sensation that you or your surroundings are spinning or moving, even when you're still. This unsettling feeling can make it difficult to keep your balance and may interfere with daily activities. Mankato Clinic Physical Therapists will explain what can cause vertigo and how physical therapy can help manage symptoms so you can get back to doing what you enjoy.

## AROUND THE WORLD: EGYPT

- Friday, June 13
- 11 am – 12 pm
- Linda Good & Carol Siefert, Global Travelers



Linda and Carol continue their journey around the world, with their next stop in Egypt. This adventure included visits to the legendary pyramids of Giza, the Sphinx, and the awe-inspiring Egyptian Museum, including the dazzling treasures of King Tut. From a camel ride through the desert to a dip in the Red Sea

and a scenic boat-submarine ride to view local sea life. The journey also included a traditional food tour, stops at a papyrus shop, carpet workshop, essential oil and tea store and a Nile River dinner cruise featuring belly dancing and a twirling Zanura dancer. Hear their stories of rich history, vibrant culture and a couple of travel mishaps along the way.

## TOUR THE ST. PETER STATE HOSPITAL MUSEUM

- Monday, June 16
- 11 am – 12 pm
- 100 Freeman Dr, St Peter
- Carol Clark, State Hospital Museum

Minnesota's first state hospital was started in 1866, located on the St Peter Regional Treatment Center campus. The St Peter State Hospital Museum illustrates the history and growth of the psychiatric hospital and the lives of both patients and staff that lived here. As you visit this hidden artifact, discover why St Peter was picked to be the home of the first state hospital, learn what was considered the cause of insanity in the past century and understand how treatments have changed over the years. Space is limited. Pre-registration is required.

## DERMATOLOGY

- Tuesday, June 24
- 11 am – 12 pm
- Dr. Matthew Morrissey, Mankato Clinic Dermatology

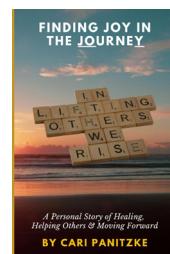
Dr. Morrissey will discuss the effects of ultraviolet (UV) radiation and the role of sunscreens in prevention of skin cancer. He will talk about the most common types of skin cancer,

basal cell carcinoma, squamous cell carcinoma and melanoma as he offers insights into proper detection and prevention.

## DISASTER PREPAREDNESS WITH THE RED CROSS

- Tuesday, June 24
- 1 – 2 pm
- Melanie Tschida, Red Cross Southern Minnesota Chapter

Tornadoes, home fires and floods—oh my! While the Red Cross is known for disaster response, did you know they also teach preparedness? Come to learn practical steps you can take to prepare your home and family for emergencies. Learn hands-only CPR and discover how quick action and using an AED (like the ones at VINE) can save lives, skills that could make all the difference in a crisis.



## AUTHOR TALKS: CARI PANITZKE

- Thursday, June 26
- 11 am – 12 pm
- Cari Panitzke, Author

Local educator, coach, EMT and published author, Cari Panitzke shares her personal journey through grief and healing in her book, *Finding Joy in the Journey*. Cari will talk about what inspired her to write the book and how her life experiences shaped a message of strength, compassion and resilience. Books will be available for purchase.

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

# PLAY & SOCIALIZATION

## GAMES & GROUPS

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

**500**

Wednesdays: 9:30 – 11:30 am



## BINGO

Friday, June 6: 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

\*Tuesday June Art Guild canceled due to construction

### Wednesdays: 1 – 3 pm

Paint & Draw (supplies provided)

Explore the Emotion of Art (class size limited to 15, pre-register)

June 4 & 11: Bring a photo

featuring simple landscapes, flowers or scenes from nature

**June 18 & 25:** Work with canvas and acrylic paint, focusing on lines, shape and composition

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

**June 5 & 12:** Charles McGee abstracts

**June 19:** Watercolor Succulents

**June 26:** Make a Alexander Calder inspired mobile

## GALLERIES

### 2nd Floor Gallery

Rotating display of Wednesday Art Quest works

### 5th Floor Gallery

Closed during construction



Our building is busiest in the 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**

**6/5:** 7 Mile Creek Park (last parking lot)

**6/12:** Red Jacket Park (trestle side)

**6/19:** Fitness Trail at MSU

**6/26:** Rex McBeth Trail (behind McDonalds)

### BIKING GROUP



No matter what kind of bike you ride, explore local trails with VINE's new biking group. It's a fun way to enjoy the outdoors, be active and meet fellow bikers. Meet in the designated parking

lot and wear a helmet. Rides are canceled if the temperature drops below 50°F.

**Tuesdays, 10 – 11 am**

**6/3:** Sakatah Trail (Hwy 22 by Wickersham Clinic)

**6/10:** Riverfront Park (Parking lot by railroad track on Rock St, behind Tune Town)

**6/17:** Minnemishinona Falls (Rockford Rd)

**6/24:** Sakatah Trail, Madison Lake (Parking lot by the Anchor, 301 Main St, Madison Lake)



### 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.**

### 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.



### WALK WITH A DOC

- Tuesday, June 10  
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.

### CARDIAC REHAB GROUP

- Tuesday, June 17  
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.



### 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, June 19  
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 at (507) 387-1666 or vinevolunteers.org.

### VINE OPEN PLAY

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

# 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 6/27)

## FRIDAY FAMILY FUN

June 27, 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)

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## 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  
6/7: Aqua 2  
6/14: Aqua 2  
6/21: Aqua Barre  
6/28: Aqua Yoga

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

## GROUP EXERCISE CLASSES

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## 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  
 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 (6/6 & 6/20)

## Saturdays

8:30 am: Rotating Class  
 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*

**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

**6/7:** Strike Strong

**6/21:** Kickboxing

**6/14:** Barre

**6/28:** Stretch & Flex



## CONSTRUCTION UPDATE

Exciting changes are happening at VINE! Thanks to a local donor couple, the VINE Adult Community Center (VACC) is undergoing renovations to improve accessibility, parking and amenities.

Work began in May outside on the east side of the parking lot and inside on the 2nd, 3rd and 5th floors and in the women's locker room. Once this work is complete, we will begin working on the west side of the parking lot and 1st floor lobby, fitness center and co-ed changing room. During that time, we will relocate the entrance to the 2nd floor (current employee entrance).

We will continue sharing information on our website, Facebook page and on the display in the lobby. Weekly updates are also emailed to VACC members with construction progress and any programming changes. If we do not have your email address, please call (507) 387-1666, email [vine@vinevolunteers.org](mailto:vine@vinevolunteers.org) or stop by the front desk to be added to the email list.

Thank you for your patience during the construction.

## REGISTRATION REMINDER

During construction, registering for and canceling fitness classes is 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](http://vinevolunteers.org).

### CIRCUIT CRAZE

- Fridays, June 6 – 27  
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, June 6 & 20  
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

- Tuesdays, June 3 – 24  
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: FOUNDATIONS OF PELVIC HEALTH



- Friday, June 27  
1 – 2 pm

Explore the essential role of the pelvic floor and overall health and physical function. We will cover the anatomy and function of the pelvic floor. Learn practical strategies to strengthen and support your core from the inside out.

## 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](mailto: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 Aiden Wersal, VINE's newest Personal Trainer! Aiden joined us in May and is eager to put his education and passion for fitness to work. He is on track to graduate from MSU- Mankato this December with a BS in Exercise Science. Aiden is a Certified Personal Trainer through the National Strength and Conditioning Association and enjoys helping clients improve their balance, stability and overall well-being.

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

Questions? Contact Jen at [jenw@vinevolunteers.org](mailto:jenw@vinevolunteers.org) or (507) 386-5588 to learn more or sign up.



Aiden Wersal

## HOME RUN FOR CHARITY

Join us on Wednesday, **June 25** at 6:35 pm as the Mankato MoonDogs take on the Minot Hot Tots 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](http://vinevolunteers.org) with promo code "VINE."

## CEO CORNER: ADVOCACY

Welcome to the first edition of the CEO Corner. In March, we shared difficult programming changes and more could be ahead. The proposed federal budget would eliminate funding for PEARLS, our evidence-based mental health program supported through Title IID of the Older Americans Act and put other preventive services at risk.

We've also learned that a critical source of support—the Community Development Block Grant (CDBG), which we receive through the City of Mankato via federal HUD funding—is also slated for elimination. This funding helps sustain our Hot Meals on Wheels and Chores programs.

The VINE Board of Directors has written to federal officials outlining the harm these cuts would cause to older adults in our region. Now we need your voice, too. Please contact your representatives and urge them to protect funding for the Older Americans Act and HUD's CDBG program. Find your elected officials at [www.congress.gov/members](http://www.congress.gov/members)

— Melinda Wedzina

## WEEK OF ACTION

Special thanks to Consolidated Communications, Ridley Alltech, Junior League, Blethen Berens and Eide Bailley for volunteering through the United Way's Week of Action. There were 31 volunteers who helped Jim, VINE's Chore Coordinator, with yard clean-up and lawn mowing. Our care receivers are very grateful for all the support they received.

Thank You



## VINE MEMORIALS

VINE gratefully acknowledges contributions received in April in honor of Bonnie Boerboom, Vera Brack and Gary Kremer.

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

## TRAVEL WITH VINE & COLLETTE

Ready for an adventure? We are offering unforgettable trips in 2026! For details or reserve your spot, contact Meghan at (507) 386-5576.

**Winter in Croatia:** March 7–16  
Explore Opatija, Split, Zagreb & more.

**Scotland & Ireland:** April 26 – May 8  
See Edinburgh, Loch Ness, Dublin & more.

**African Safari:** September  
Details coming soon.

**New York City Holiday:** Dec. 1–5  
Enjoy the Radio City Christmas Spectacular, Broadway & more.

## VOLUNTEER SPOTLIGHT

Barb Jackman has been a devoted VINE volunteer driver since January 2006, helping older adults in Mankato get to medical appointments and run errands. After retiring as a hospice chaplain, she wanted to stay involved in her community and knew firsthand how vital VINE's services were for her former clients. Her first assignment—walking with a tall, elderly gentleman at the mall—set the tone for years of meaningful connections and shared laughs.

Barb has watched VINE grow from its 3rd Avenue roots to today's vibrant community center. She remembers the excitement when VINE acquired the Nichols building and proudly shows off the facility to friends and family. "I love the VINE community and can't imagine being anywhere else," she says.

Volunteering fills Barb with energy and hope, even on tough days. She enjoys meeting people, hearing their stories and exploring new neighborhoods. When not driving, she volunteers at churches, writes for newsletters, enjoys theater, music, travel and her cats, Boris and Cosmo.

From summer detours to heartfelt conversations, Barb treasures the connections she's made. "Volunteering gives me a lovely energy and a warmth and hope for humanity," she says. We're deeply grateful for all she brings to VINE.



Adult Community Center

We offer 3 membership levels to best suit your needs

**SOCIAL**

**FITNESS BASIC**

**FITNESS PREMIUM**

<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>	<p>Amenities of Social level plus:</p> <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><i>Qualifies for most insurance reimbursement programs; making membership free.</i></b></p>	<p>Amenities of Social &amp; Basic levels plus:</p> <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><i>May qualify for reduced rate with insurance reimbursement programs.</i></b></p>	



**OPEN:**

Tuesday – Saturday  
10 am – 6 pm

77 Star Street, Mankato

**(507) 387-2699**

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

Summer is a great time to lighten up your home! Donate your gently used furniture and décor to the VINE Home Thrift Store or stop in to discover a one-of-a-kind piece to brighten your space. Our inventory is always changing, offering something for every style and budget. Every donation and purchase directly supports VINE's programs for older adults in our community.

**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.



**Donate • Shop • Volunteer**

