

THE VIEW from VINE

SEPTEMBER 2025

VINE

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
- Cardio Studio
- 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 closed
Sept. 1 for Labor
Day

The VACC is closed Sept. 2-3
for construction



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



LOVE YOUR AGE VINE'S 55+ EXPO - SEPTEMBER 16

Get ready for an afternoon of connection and fun at the Love Your Age VINE's 55+ Expo presented by Monarch Healthcare Management! This free event is designed to celebrate aging well and

connect older adults with a wide range of community resources and services.

This year's expo features over 80 exhibitors offering information on health, wellness, housing, transportation, recreation, volunteer opportunities and more. Whether you're planning for the future or looking to stay active and engaged, there's something here for everyone.

Attendees can enjoy:

- Complimentary goodie bags (while supplies last)
- Free health assessments provided by VINE staff and MSU-Mankato students
- Onsite flu vaccine clinic
- Free snacks and refreshments
- 10 exciting door prizes
- Free parking in the Mankato Civic Center ramp

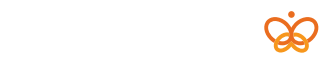
In addition to visiting vendors, guests are invited to take part in a variety of interactive activities and educational sessions:

- Join a Chair Yoga class
- Watch the VINE Stompers in action
- Attend "Healthy Eating As You Age," a nutrition talk by a Monarch Healthcare Management Dietician
- Learn helpful tips for independent living
- Visit the card-making station hosted by the VINE Art Group

Interested in volunteering? We'd love your help! Sign up at vinevolunteers.org.

We look forward to seeing you **September 16**, at the Mankato Civic Center! No registration required. Bring your family and friends for a fun time at the Love Your Age VINE's 55+ Expo!

LOVE *your* AGE
VINE'S 55+ EXPO



PRESENTED BY MONARCH
HEALTHCARE MANAGEMENT

SCHEDULE:

1 – 4 pm: Expo (in Grand Hall)

1:30 – 4:30 pm: Entertainment
(in Banquet Hall)

1:30 – 2 pm: VINE Stompers
performance

2:15 – 3 pm: "Healthy Eating As
You Age" by Monarch Registered
Dietitian, Daeshaundra Popp

3:15 – 3:45 pm: Chair Yoga Class

4 – 4:30 pm: "Aging in Place"
by Mikayla Vogel, River's Edge
Hospital Occupational Therapist

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.

Services supported in part by:



THANK YOU TO OUR EXPO SPONSORS:

2Care4U South
Blethen Berens
Blue Cross Blue Shield of MN
Chesley Law Firm
Mayo Clinic Health System
Medica
MN River Area Agency on Aging
Old Main Village
Orthopaedic and Fracture Clinic
Scheels
The Pillars of Mankato
UCare



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.

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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.

Mankato Support Groups

VINE Adult Community Center

- 2nd Wednesday of the month
Sept. 10, 1:30 – 3 pm
- 3rd Wednesday of the month,
Sept. 17, 5:15 – 6:30 pm
- 3rd Thursday of the month,
Sept. 18, 3 – 4 pm
- 4th Wednesday of the month
Sept. 24, 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.

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 \$5.50 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.

Rake the Town Volunteers Needed November 1-9

Volunteers are needed to help rake leaves for older adults in the Greater Mankato community. If you or your group would like to volunteer, sign up online at vinevolunteers.org or call (507) 387-1666. We can provide all the needed supplies.

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 and all buses come equipped with 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 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 at (507) 387-1666 and request a ride (3-day advance notice preferred). Door-2-Door operates mainly inside Mankato, North Mankato and St. Peter.

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.



ATTENTION CAREGIVERS: POWERFUL TOOLS FOR CAREGIVERS IS FOR YOU

- Tuesdays, Sept. 30 - Nov. 4
1 – 2:30 pm
- Meet at Catholic Charities
(201 North Broad St, Mankato)
- Free & open to the public

Learn valuable skills such as managing stress, isolation, fatigue and difficult emotions that often accompany caregiving. The sessions will address the unique challenges caregivers face while helping you build confidence, set practical goals and strengthen your problem-solving abilities. Also discover ways to improve communication. Register by September 25 by contacting Mary at mcassem@ccsommn.org or (507) 458-9687.

CAREGIVER RENEWAL: ROOTED & RENEWED: A GUIDED PRACTICE FOR CAREGIVERS

- Thursday, October 2
10:30 am – 12:30 pm
- Meet at Pioneer Bank
(1450 Adams St. Mankato)
- \$20 for presentation & lunch

During this gentle session by Lisa Johnson, caregivers will be invited to pause, breathe and reconnect with themselves through guided meditation and grounding practices. You'll explore tools to calm the nervous system, cultivate self-compassion and restore emotional balance—no experience necessary, just a willingness to care for the caregiver within. Come as you are and leave feeling supported and renewed. Call (507) 387-1666 to register by September 20.

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.



COMPUTER UNIVERSITY: BACKUP SOLUTIONS

- Monday, Sept. 8
- 5:30 – 7 pm
- Mankato Computer Technology



Get guidance on backing up your important photos, documents and information. Discover easy methods to keep your data safe, from using external drives to cloud services, so you never lose precious memories or essential files. With the recent Windows 11 upgrade, data migration and backup have become even more important.

THE GALAPAGOS ISLANDS

- Tuesday, Sept. 9
- 11 am – 12 pm
- Mary O'Sullivan, Global Traveler

VINE members Mary O'Sullivan and Sue Hood recently returned from an unforgettable journey to the Galapagos Islands. Their adventure began in Quito, Ecuador, a breathtaking Spanish colonial city perched at 9,000 feet among the volcanic Andes. Then they traveled 700 miles into the Pacific to explore the legendary Galapagos, sailing for eight days. Accompanied by expert naturalists, Mary and Sue snorkeled, hiked and kayaked

among blue-footed boobies, ancient giant tortoises, sea lion pups and swam with penguins and a 20-foot manta ray. Don't miss their presentation of photos and stories!

TRAVEL WITH VINE: 2026 TRAVEL SHOW

- Tuesday, Sept. 9
- 1 – 2 pm
- Katie Ganshert, Collette Travel

Not sure where to start when planning your next adventure? VINE and Collette can help! 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. Then, get ready to hear about an autumn African Safari to Kenya and Tanzania and a trip to New York City during the holidays. Any trip booked at the travel show will receive a \$100 discount.

STEP INTO THE FUTURE: EXPLORING VIRTUAL REALITY

- Thursday, Sept. 11
- 1 – 2 pm
- Jason Bruns, Minnesota State Engineering Center of Excellence

Join us for an exciting and immersive session as we explore the fascinating world of Virtual Reality (VR). VR is a computer-generated environment that lets users experience and interact with digital worlds in a way that feels real. You can visit a faraway place, design a product or practice hands-on skills. Learn how VR is transforming education, workforce training and even wellness. See how this cutting-edge technology is used in engineering, manufacturing, healthcare and beyond. You'll also

have the opportunity to try out VR experiences for yourself!

AROUND THE WORLD: INDIA PART 2

- Friday, Sept. 12
- 11 am – 12 pm
- Linda Good & Karen Willyard, Global Travelers



Discover the highlights of Delhi with stories of visits to a vibrant biodiversity park, world heritage sites like the Red Fort, Humayun's Tomb and Qutub Minar, as well as one of the largest mosques in India and the striking Baha'i Lotus Temple. Linda and Karen will tell of time spent at the Ghandi Memorial and in Agra as they explored surprises such as the "Baby Taj," and the famous Taj Mahal. Hear of their adventures on a safari in Jim Corbett National Park as they watched for tigers, elephants and monkeys!

MANKATO'S DAY OF THE DEAD CELEBRATION

- Friday, Sept. 19
- 11 am – 12 pm
- Jennifer Ek, Day of the Dead Organizer

Celebrate the rich heritage and traditions of Día de los Muertos (Day of the Dead) with one of the organizers behind Mankato's annual Old Town celebration. Jennifer will explore the history and cultural significance of this vibrant holiday, share stories and give an inside look at what's planned for this year's event. The presentation will highlight local traditions, community involvement and offer ways to participate, honor loved ones and support this community gem.

FALL FASHION WITH SOTA SISTERS BOUTIQUE

- Monday, Sept. 22
- 11 am – 12 pm
- Amber Bannerman, Sota Sisters Boutique Owner

Get ready to refresh your wardrobe and welcome autumn in style! Join us for a fall fashion preview hosted by Sota Sisters Boutique showcasing the latest fall trends, from cozy knits to statement prints, trending colors and must-have accessories for the season. Discover how to incorporate playful patterns and the season's warm textures into your everyday look. Whether you're looking for timeless style or something new, this collection will inspire you with fashion-forward ideas and expert advice.

CARING FOR YOUR TEETH & GUMS AS YOU AGE

- Tuesday, Sept. 23, 12 – 12:45 pm
- Oral Screenings: 1 – 2 pm
- Lynnette Engeswick, Professor Dental Hygiene & MSU-Mankato Dental Hygiene Students

Find easy ways to make brushing and flossing simpler for those with arthritis or limited hand movement. Learn about helpful tools that reduce strain and improve your daily oral care routine. We'll also discuss a common issue many face: dry mouth. Discover simple tips to manage dry mouth and sample products designed to help. Stay for a thorough oral health screening appointment for \$5.

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

LUNCH & LEARN AT MSU: HEALTHY MEALS WITH 10 INGREDIENTS OR LESS

- Wednesday, Sept. 24
- 11:30 am – 1 pm
- Emma Smith, MSU-Mankato Department of Family & Consumer Science Professor & Students
- MSU-Mankato Wiecking Center

Healthy eating can be simple and satisfying! This class will focus on creating delicious, nourishing meals using just 10 ingredients or less. You will assist with preparation and cooking, learn from the facilitators and then get to enjoy your meal.

Cost: \$10, pre-registration is required by September 19.

NOTE: This is an off-site event and parking is limited. We encourage carpooling from VINE. More information on parking will be provided to registered attendees.

MAPPING MANKATO PROJECT: MANKATO'S HIDDEN HISTORY

- Thursday, Sept. 25
- 10 – 11:30 am
- Dr. Angela Jill Cooley, MSU-Mankato Department of History & Gender Studies Professor



Dr. Cooley will discuss the Mapping Mankato Project, which aims to uncover and map the history of racially restrictive covenants in Mankato's property deeds. Dr. Cooley worked with a team to analyze these deeds including the Greater Mankato Diversity Council, community volunteers, and faculty and students at Mankato East High School and MSU-Mankato. Although these covenants no longer have the force of law, this project helps to reveal how past

housing discrimination has shaped today's neighborhoods. Learn how understanding this hidden history can inspire community involvement and build a more inclusive city.

FREEDOM TO READ PANEL

- Friday, Sept. 26
- 11 am – 12 pm
- Heather Biedermann, SCC College Librarian, Stacey Lunsford, TdS Library, Amy Lorenz, TdS Librarian, Kelly McBride, Blue Earth County Library, & Julia Nettleton, Blue Earth County Librarian



The American Library Association's Freedom to Read Statement was first issued over 70 years ago. At the time, there was an influx of private groups and public authorities working to limit access to reading materials and censor content deemed "controversial" in public schools. Join local librarians in a panel discussion of our freedom to read, what it means and what it looks like in today's world.

ADAPTING TO A CHANGING AGRICULTURAL WORLD

- Tuesday, Sept. 30
- 11 am – 12 pm
- Kent Thiesse, Green Solutions Group Farm Management Analyst

Join Kent for a timely discussion on the changing landscape of agriculture in our area. He will cover current crop and livestock trends, market prices, profitability and recent ag policy updates. He'll also examine key trends shaping the future of farming, with time for questions and open discussion.

PLAY & SOCIALIZE

GAMES & GROUPS

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

500



Wednesdays: 9:30 – 11:30 am

BILLIARDS



Open during building hours

CRIBBAGE



Tuesdays: 1 – 3 pm

DEVINE SINGERS



Mondays: 1 – 2 pm

Call Peg (507) 327-4639.

DUPLICATE BRIDGE



Mondays & Wednesdays: 1 – 4 pm

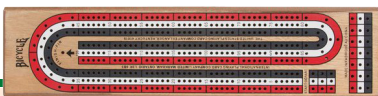
Call Raj (507) 351-0133 to register.

GET YOUR YARN ON



Wednesdays: 10 – 11:30 am

Bring your own craft & supplies.



ART QUEST STUDIO



Tuesdays: 1 – 3 pm

Art Guild with Open Studio
(Bring your own supplies)

Wednesdays: 1 – 3 pm

Paint & Draw (supplies provided)

Class size limited to 15, please pre-register.

Sept. 10 & 17: Exploring Watercolors

Sept. 24: Characters in Acrylic

MAHJONG

Mondays: 1 – 3 pm

Call Susan (507) 571-0091 to join.

MEMBERS FUN HOUR



Held the 3rd Wednesday of the month at 5 pm, rotating between game night and book club.

Sept. 17: 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.

MEMOIRS



Tuesdays: 10:30 am – 1 pm

Get your life stories down on paper.

PING-PONG



Mondays & Wednesdays:
10:30 am – 12:30 pm
Fridays: 12:30 – 2:30 pm

SOCIAL BRIDGE



Thursdays: 2 – 4 pm

Register with Arlyce (507) 317-0617.

Thursdays: 1 – 3 pm

Art For Everyone (supplies provided)

Sept. 4 or 11: Painting with Yarn
(sign up for one date only)

Sept. 18: Neurographic Art

Sept. 25: Mandalas

GALLERIES



2nd Floor Gallery

Rotating display of Wednesday Art Quest works.

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.



UKULELE LESSONS

- Fridays, Sept. 19 – Dec. 12
Beginners: 11:30 am – 12:30 pm
Intermediates: 12:40 – 1:40 pm
- Cost: \$150 for members
\$200 for non-members

Whether you're picking up the ukulele for the first time or taking your playing to the next level, join us this fall to strum, sing and make music together! Show off your new skills at our recitals on Dec. 12 or 14. Ukuleles are available to loan for free with a \$50 deposit.

5th Floor Gallery

We're excited to announce our upcoming fiber arts exhibition, "Woven World: The Possibilities of Fiber in the World of Art," opening in October on VINE's 5th Floor Art Gallery. Fiber artists are invited to submit their works by dropping them off at VINE on September 24.

For more information please contact Lynn or Paulette at paulette.bertrand@yahoo.com or lynnie.callahan@gmail.com.



Our building is busiest in the mornings. If you want to avoid the crowd, we recommend visiting in the afternoon. Additional parking is available in the Blue Earth County Historic Courthouse upper lot and diagonal parking on 5th Street.

FITNESS CENTER



Our fitness center includes strength training equipment.

Monday – Friday: 6 am – 7 pm

Saturday: 8 am – 2 pm

CARDIO STUDIO



Check out our new cardio equipment, free weights and stretch cage!

Monday – Friday: 6 am – 7 pm

Saturday: 8 am – 2 pm

WALKING TRACK



Our cushioned 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.

Thursdays, 10 – 11 am

9/4: Rasmussen Woods

9/11: Indian Lake Conservation Area

9/18: Sibley Park (meet by bandshell)

9/25: Traverse Des Sioux

BIKING GROUP



Explore local trails with VINE's biking group. Meet in the designated parking lot and wear

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

Tuesdays, 10 – 11 am

9/9: Kwik Trip (921 Coneflower Ln, near Pillars & Prairie Winds School)

9/16: Minnemishinona Falls

9/23: Spring Lake Park (Shelter #3)

9/30: Sakatah Trail (start in Elysian)

WALK WITH A DOC

- Tuesday, Sept. 9
5:30 – 6:30 pm
Free & open to the public.

Take a walk with a Mayo Clinic doctor on the 2nd Tuesday of the month.

CARDIAC REHAB GROUP

- Tuesday, Sept. 16
1:30 – 2:30 pm
Free & open to the public.

Meet cardiac rehab participants and trained staff to support your continual heart healthy effort. Offered the 3rd Tuesday of the month.

PICKLEBALL AT THE PICKLEBARN



Join us at the Picklebarn for pickleball. Wear comfortable clothes and clean shoes.

PICKLEBALL CLINIC

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

Learn how to play on the 3rd Thursday of the month. Registration required at (507) 387-1666.

VINE OPEN PLAY

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

HEALTH & WELLNESS

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,
Sept. 8 – Oct. 29
10 – 11 am
Sibley Park Bandshell Area

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 Basic, Social or non-members.

DIABETES PREVENTION PROGRAM

- Tuesdays starting Sept. 16
9 – 10 am
Free & open to the public

A proactive approach to help individuals to make healthier lifestyle choices to reduce the risk of developing Type 2 diabetes with group support. Learn more at the info session on **Sept. 9 at 9 am.**

TAI JI QUAN

- Mondays, Wednesdays & Fridays, Sept. 22 – Nov. 14
11:30 am – 12:30 pm
Free and open to the public

Movements to improve coordination, range of motion and strength for fall prevention with vision adaptations.

WALK WITH EASE

- Mondays, Wednesdays & Fridays, Oct. 6 – Nov. 14
11:30 am – 12:30 pm
Free and open to the public

A walking program from the Arthritis Foundation to improve safe walking.

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 **no swim on 9/2*
3:45 – 6:30 pm **no swim on 9/2*

Wednesdays **no swim on 9/3*

6 – 9:30 am
5 – 6:30 pm

Fridays

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

FRIDAY FAMILY FUN

Sept. 26, 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 **no classes 9/2*

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 **no classes 9/3*

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
9/6: Aqua 3
9/13: Aqua 2
9/20: Aqua Kickboxing
9/27: Aqua Yoga

LAP SWIM (*register online*)

Mondays & Wednesdays

11:30 am – 12:15 pm **no swim 9/3*
12:15 – 1 pm **no swim 9/3*

Tuesdays & Thursdays

7 – 8 am **no swim on 9/2*

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 IN THE GATHERING ROOM

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

Mondays

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

Tuesdays *no classes 9/2

8:30 am: Stretch & Flex
 9:30 am: Zumba®
 10:30 am: Barre
 11:30 am: Strike Strong
 1 pm: Forever Fit

Wednesdays *no classes 9/3

6:15 am: Total Body Strength
 8:15 am: Move it More
 10:15 am: Combo Fit
 4:30 pm: Zumba *no classes 9/17

Thursdays

8:30 am: Roll & Restore
 9:30 am: Zumba *no classes 9/18
 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
 10:15 am: Combo Fit

Saturdays

8:30 am: Rotating Class
 9/6: Strike Strong
 9/13: Barre
 9/20: Circuit Craze
 9/27: Stretch & Flex



P

GROUP EXERCISE CLASS DESCRIPTIONS



STRENGTH



CARDIO



BALANCE & RELAXATION



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



Cardio Strength a high-intensity class getting down & up from the floor with relative ease. *Level 4F*



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



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 3F*



Roll & Restore uses Yoga Tune-Up Balls to increase healthy movement patterns. *Level 1F*



Stretch & Flex includes a gentle warm up for your body, then working on flexibility throughout the body. *Level 1F*



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 3F*



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

Level 1: Gentle movement & mobility - perfect for getting back to exercise, mobility challenged or injury recovery.

Level 2: Steady & strong - introduces more dynamic movement with low impact.

Level 3: Active & energized - moderately paced class, moving freely & independently.

Level 4: Anything goes - high-energy class with challenging movements.

Floor F: Floor work included - incorporates exercises performed on the floor.

CONSTRUCTION UPDATE



Exciting changes are happening at VINE! Thanks to a local donor couple, the VINE Adult Community Center is undergoing renovations to improve accessibility, parking and amenities. Work began in May and we have already completed our 3rd & 5th floors.

Our building will be **closed September 2 & 3** while we transition our work from the 2nd floor to the 1st floor lobby, fitness center, co-ed changing locker room and west parking lot. During that time, we will relocate our entrance to the 2nd floor by the east parking lot. The Fitness Center will be temporarily moved to the new 2nd floor conference room. The pool will remain open with the newly remodeled women's locker room on the 1st floor.

We will continue sharing information on our website, Facebook page and on the lobby display. 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 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 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 video.

PEACEFUL MOVEMENT STUDIO CLASSES

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

Mondays

9 am: Chair Yoga
1 pm: Chair Yoga

Tuesdays

9 am: Yoga for Health **no class 9/2*
10:30 am: Chair Yoga **no class 9/2*

Wednesdays

9 am: Chair Yoga **no class 9/3*
1 pm: Chair Yoga **no class 9/3*

Thursdays

9 am: Yoga for Health
10:30 am: Chair Yoga

Fridays

9 am: Chair Yoga
10 am: Gentle Yoga
1 pm: Restorative Yoga (9/5 & 9/19)

Saturdays

10:30 am: Yoga for Health

Chair Yoga offers the benefits of yoga while seated or next to a chair. *Level 1*

Gentle Yoga is a slow-paced class to support mobility, flexibility and stress relief through movement and breath awareness. Ideal for those recovering from injury, new to yoga or seeking tranquility. *Level 2F*

Yoga for Health focuses on proper alignment, breath awareness and mindful movement with poses to support joint health, muscular endurance and mental clarity. Modifications available. *Level 2/3F*

Restorative Yoga is a calming yoga practice with supported poses with long holds and deep breathing to reduce stress, release tension and promote relaxation. *Level 2F*



UNFOLDING THE POSE WORKSHOP

- Mondays, starting Sept. 29
2 – 2:45 pm

Focused attention on alignment, safety and body awareness whether you practice on the mat or chair. You will receive personalized guidance for each pose for your body.

GUIDED MEDITATION

- Thursdays, starting Oct. 2
8:15 – 8:45 am

Explores breath awareness, body relaxation and visualization practices to quiet the mind and soothe the nervous system.

TAI CHI PRACTICE

- Thursdays, starting Oct. 2
2 – 2:45 pm

Continue your Tai Chi for Arthritis and Falls Prevention practice focusing on refining what you've already learned.

INTRO TO YOGA

- Wednesdays, Oct. 8 - Nov. 12
2 – 3 pm

This 6-week floor-based yoga series will focus each week on foundational poses, breathwork, and mindful movement to improve strength, flexibility and balance. This class offers clear instruction and options to support your unique body. No prior experience needed.

FREE BALANCE ASSESSMENTS

- Wednesday, Sept. 24
9 am – 12 pm

VINE is partnering with Mankato Clinic to offer 10-minute balance assessments. Register online or call (507) 387-1666. Walk-ins welcome.

CEO CORNER UPDATE

September is shaping up to be an exciting month at VINE and I hope you'll join us for one of our biggest events of the year, the Love Your Age 55+ Expo on Tuesday, September 16 at the Mankato Civic Center.

Whether you're looking to stay healthy, get connected or just have a little fun, this event has something for everyone. We'll have over 80 vendor booths, free health assessments and great door prizes. You'll also enjoy special presentations throughout the day, including a performance by the always crowd-pleasing VINE Stompers line dancing group, a chair yoga session to help you stretch and move with ease and engaging talks from Monarch Healthcare Management dietitians and River's Edge Hospital staff.

From legal and financial services to medical services, insurance plans, housing options and recreational opportunities, the Expo offers a one-stop shop for resources that support your independence, well-being and lifestyle.

Please spread the word to your friends and neighbors. Events like this are a great way to connect, learn and celebrate everything that comes with aging — on your terms. I look forward to seeing you there!

– Melinda Wedzina, VINE CEO

VACCINE CLINICS AT VINE

- Tuesday, Sept. 9, 9 – 11:30 am
- Wednesday, Sept. 24 or
- Monday, Sept. 29, 9 am – 12 pm

Stay healthy this season by getting your vaccines. Please bring your insurance card. Registration requested, walk-ins also welcome.

TRAVEL WITH VINE & COLLETTE

Ready for an adventure? We are offering unforgettable trips in 2026! For details or to 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 15–29
Visit Kenya & Tanzania.

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

Join us on **September 9** from 1–2 pm for the Travel Show presentation at VINE. Katie Ganshert with Collette Travel will share exciting details about our upcoming group trips for 2026. Any trip booked at the travel show will receive a \$100 discount.

Learn more and register at vinevolunteers.org or call (507) 387-1666.

LEAVE YOUR MARK AT VINE

Help us fill the commemorative brick wall at the VINE Adult Community Center. Only 30 bricks remain to be sold and when they're gone, they're gone! These personalized bricks are a meaningful way to honor a loved one, share an inspiring message, or simply add your name in support of VINE. Proceeds go directly toward programs and services that support older adults in our community.

Bricks are available in two sizes: a 4x8 option for \$100 and an 8x8 option for \$200. Each one becomes a lasting part of the center and a symbol of your connection to this important work. For more information, contact Adam at (507) 386-5574.



VOLUNTEER SPOTLIGHT

For over a decade, Shirley Anklam has been a shining presence in the VINE Fitness Center. Her journey as a volunteer began when Jen, VINE's Fitness Manager, noticed Shirley's active lifestyle and love for the VINE community, traits that made her a perfect fit for the role. "I thought it might be fun," Shirley recalls, and what started as a simple invitation has blossomed into a vital part of her social life.

Over the years, Shirley has witnessed firsthand the many changes at VINE: evolving volunteer duties, new staff members, shifts in membership, and now, the exciting renovations transforming the Fitness Center again. Through it all, Shirley's friendly attitude and adaptability have helped keep the fitness center a welcoming place for everyone. She values the friendships she's made and the opportunity to meet new people, noting how volunteering has taught her to connect with folks of all personalities.

When she's not brightening the VACC Fitness Center, Shirley enjoys keeping up with her energetic great-grandkids. Her enthusiasm for volunteering is evident: "Do I recommend volunteering? Yes, for sure!" she says with a smile. We are grateful for Shirley's dedication and her vital role in making VINE a thriving community.

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 Cardio Studio Billiards Trekking Discount on Group Fitness Classes <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>	



Fall is just around the corner - update your home for the coming season with second hand finds at VINE! Donate your gently used furniture and décor to the VINE Home Thrift Store or stop in to discover unique pieces perfect for your space. Our inventory is always changing, so you're sure to find something that fits your style and budget. Every donation and purchase directly support VINE.



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



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