

THE VIEW from VINE

NOVEMBER 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
- 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 will be **closed**
November 27 for
Thanksgiving



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



Jim & Mari

HONORING CAREGIVERS

Rosalynn Carter said, "There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers." An estimated 63 million

Americans act as family caregivers for people with complex medical conditions or disabilities, according to a 2025 report by the AARP and the National Alliance for Caregiving. Caregiving is nearly universal, touching everyone's life at some point. Each November, National Family Caregivers Month recognizes the millions who provide unpaid care for loved ones. Such is the story of Mari, a VINE member caring for her father, Jim.

For Mari, caregiving began suddenly. In the middle of the night in 2020, she learned her father had suffered a stroke. Then living in Moorhead and still teaching, she soon realized he needed daily physical support. What began as short visits grew into longer stays until she retired and moved to Mankato to care for him.

"I wasn't prepared for the commitment, the time, the mental and physical energy it takes," she recalls. "Even though you're interacting with people all day, caregiving can feel very isolating and dark."

Like many caregivers, Mari faced overwhelming logistics: Medicare, medical appointments and her father's business interests. She also struggled with "caregiver guilt"—the feeling she should be doing more. Yet her story is not only about challenges but also resilience and community.

A turning point was taking the Powerful Tools for Caregivers class and joining VINE's Caregiver Support Group. "It's not a whining session," Mari says.

"Everyone's details are different, but the plot is the same. We share frustrations, loneliness and joys openly and often discover new resources."

Mari has found strength in reframing caregiving. She compares it to planning a trip to Paris but ending up in Sweden, different and unexpected, but still meaningful once you learn the language. "The best thing I've done is keep pursuing joy and learning the language of caregiving."

When asked about the rewards, Mari points to the deepened bond with her father. "I've gotten to know my dad so well as a person. I'm lucky to have this time with him."

Caregiving, she acknowledges, is bittersweet, full of fatigue but also growth, patience and love. "Nothing prepares you for being a caregiver. But in the end, it has become a beautiful chapter of our lives." She shows that alongside the hardships of care and role-reversals lies a profound connection to joy.

(continued on pg. 2)

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

As the days grow shorter and cooler, many people find it harder to stay positive. VINE offers affordable mental health care for older adults in Blue Earth, Nicollet, Le Sueur, and Watonwan Counties through the PEARLS program, an evidence-based approach for people 60+ experiencing symptoms of depression.

With guidance from a PEARLS Coach, participants develop personalized problem-solving plans and life-enriching activities to improve well-being. Sessions are \$10 and may continue for several months, with no one turned away for inability to pay. Meetings can be held at VINE or virtually.

To learn more, contact Glenda at glendab@vinevolunteers.org or (507) 386-5571.

(continued from cover)

Mari and Jim are one example of the quiet dedication family caregivers provide every day. At VINE, we honor caregivers like Mari by offering encouragement, resources and renewal. From regular Caregiver Support Groups and 1-1 Coaching to educational classes and an annual Caregiver Renewal event, VINE's programs help ensure no caregiver feels alone. If you are a caregiver, or know one, consider connecting with VINE for the support and community you deserve.



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.

Mankato Support Groups

VINE Adult Community Center

- 1st Wednesday of the month
Nov. 5, 1:30 – 2:30 pm
- 2nd Wednesday of the month
Nov. 12, 1:30 – 3 pm
- 3rd Wednesday of the month
Nov. 19, 5:15 – 6:30 pm
- 3rd Thursday of the month
Nov. 20, 3 – 4 pm
- 4th Wednesday of the month
Nov. 26, 1:30 – 3 pm

If you can't attend a support group you've registered for, please let us know. No-shows may prevent another caregiver from getting the support they need. Thank you for helping us make space for everyone.

Services supported in part by:



Proud Partner Agency



HOT MEALS ON WHEELS

VINE 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.

RAKE THE TOWN

November 1–9

If you are 65+ or have a documented physical disability, live in Blue Earth or Nicollet counties and need help raking leaves, call Adam at (507) 386-5574. A short intake will be completed for those who haven't previously received the service. While there is no formal charge for this service, donations are requested to help cover our costs and continue to offer this service.



DEMENTIA FRIENDLY FITNESS

- Tuesdays & Fridays
11:30 am – 12:15 pm
- Free & open to the public



Exercise helps caregivers and those with dementia sleep better, decrease stress and improve mood. Exercise may also slow mental decline and improve self-care ability. This exercise class for those with cognitive impairment and their caregiver focuses on strength, flexibility and endurance. Class can be done seated and modified for all abilities. Call (507) 386-5588 to register.

NEED HELP WITH CHORES?

VINE has a handyman who can help you with minor home repairs. Do you have something broken or unusable inside your home that needs some attention? Or something that you have been meaning to do but haven't done yet? VINE can help you with installing grab bars, changing light bulbs, adjusting doors, etc. Now is the perfect time to get these tasks completed! Call Glenda at (507) 386-5571 for more information.

SNOW REMOVAL HELP NEEDED

VINE's snow removal list is full and we are looking for individuals or groups who would be able to assist with snow removal this winter. You can either accompany our staff or adopt a house in your neighborhood. Crews shovel whenever it snows 2 inches or more. Call Adam at (507) 386-5574 for more information.

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. Purchase a book for \$15 at VINE's front desk. For more information call (507) 387-1666.



COMPANION SERVICES FOR OLDER ADULTS

Social connections are essential for healthy aging. The Senior Companion Program through Lutheran Social Services matches volunteers with isolated older adults for visits. Contact Fred Snyder at (507) 479-1899 for more information.



George Wyland

TRUE TRANSIT

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

Meet our newest bus driver, George. With over 25 years of driving experience, George started his career in Rochester delivering to vending machines before switching to transporting people, a job he jokes is "easier since passengers load and unload themselves."

Originally from Kansas, George and his wife settled in Mankato after retiring to be closer to their grandkids. While she helps with the little ones, he enjoys driving part-time and helping people get where they need to go. When he's not behind the wheel, George loves spending time with family, gardening, sipping coffee and attending church.

DOOR-2-DOOR TRANSPORTATION

VINE's Door-2-Door transportation service is available to those 60+ in Blue Earth and Nicollet Counties. A volunteer driver picks you up at your door and drives 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.

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.



MAKING YOUR NEXT MOVE EASIER

- Monday, Nov. 3
- 11 am – 12 pm
- Rachael Hansen-Miller & Shawna Wolfe, Legacy Living Solutions



Making a move can feel overwhelming, but taking a proactive approach can make all the difference. Join Rachael and Shawna, as they walk you through the steps of planning your next housing transition. Whether you're just beginning to explore your options or you're ready to put your house on the market, you'll learn how to create a personalized timeline and gain the tools to move forward with clarity and confidence. A Q&A will follow the presentation.

SCREEN PRINTED HOLIDAY CARDS WITH MAKERSPACE

- Tuesday, Nov. 4 & 11
- 1 – 3 pm
- Christina Donley, Makerspace Artist
- \$45 for VINE Members



Get creative this season with a special two-part make & take workshop in partnership with Mankato Makerspace! Guided by artist Christina, design and print your own custom holiday greeting cards while learning

the craft of screen printing. Along the way, Christina will introduce the screen preparation, design, exposure, registration and printing processes that bring this art form to life. Take home 10 handmade holiday cards. The first class will be held at VINE and cover the basics of screen-printing design. Christina will show a prepared screen, demonstrate test prints and guide students in designing a two-color holiday card. On November 11, meet at Makerspace (1700 3rd Ave, Mankato) to roll up your sleeves and work on the printing process.

LUNCH & LEARN @ MSU: FREEZER MEALS

- Wednesday, Nov. 5
- 11:30 am – 1 pm
- Emma Smith, MSU Department of Family & Consumer Science Professor & Students



Freezer meals are a great way to reduce food waste and set yourself up with quick and healthy meals when you are short on time or don't feel like cooking. Learn how to prepare a few tasty and healthy meals that you can prep now and freeze for later.

Cost: \$10, pre-registration is required by November 1.

NOTE: This is located at MSU Wiecking Center. Parking is limited. We encourage carpooling from VINE. More information on parking is provided at registration.

PLAYING WITH POETRY WRITING WORKSHOP

- Thursday, Nov. 6
- 10:30 am – 12 pm
- Sue Chambers & Amanda Bailey,



Members of SMPS

Members of the Southern Minnesota Poets Society (SMPS) will lead an engaging poetry workshop that introduces participants to a variety of poetic forms. They'll share examples, discuss the unique qualities of each style and invite attendees to experiment with writing their own pieces. The focus will be on short forms that are approachable, enjoyable to create and rewarding for both new and experienced writers.

TRAVEL TO SPAIN

- Tuesday, Nov. 11
- 11 am – 12 pm
- Bill Bukowski, Bethany Lutheran College Professor Emeritus



Journey through Southern Spain, or Andalusia, where art, culture and history span centuries. Join Bill as he highlights some of Europe's oldest continuously inhabited cities: Granada, Seville, Cordoba and Cadiz as he offers historical insights, travel tips and his deep appreciation for the region's artistic history.

MAINTENANCE & SAFETY TIPS TO KEEP YOUR HOME SAFE

- Wednesday, Nov. 12
- 11 am – 12 pm
- Corey Kapaun, C&S Supply

Corey will provide some safety tips to keep you in your home longer and safer. He will cover everything from your bathroom to your garage.

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

EVERYBODY POOPS! OPENING THE LID ON POTTY TALK



- Thursday, Nov. 13
- 11 am – 12 pm
- Holly Ellison, Mankato Clinic
Registered Dietitian

Yes, we're talking about it, poop. While it's not always dinner table conversation, your stool can tell you a lot about your digestive health. Join us for an informative presentation to learn what's normal, what changes might mean and how daily habits can support a healthy gut. We'll also cover when it may be time to talk with your doctor.

VINE DINING: VIETNAMESE CAFÉ

- Friday, Nov. 14
- 11 am – 12 pm
- Meet at 12 Civic Center Plaza

Warm up with a flavorful lunch at The Vietnamese Café inside Mankato Place Mall. Join owners, Tu and Willie Ho for their authentic pho, savory spring rolls and crispy egg rolls, for a true taste of Vietnam. Food and drinks available for purchase.

COMPUTER UNIVERSITY: CHAT GPT & AI



- Monday, Nov. 17
- 5:30 – 7 pm
- Mankato Computer
Technology

Get an overview of today's most popular artificial intelligence applications, their functions and their growing impact in everyday life. From productivity boosters

like ChatGPT, to creative apps for photo editing, financial management and health support, discover how AI is shaping multiple industries. Learn about ChatGPT, its capabilities, benefits and limitations.

THE NATURE OF STORYTELLING

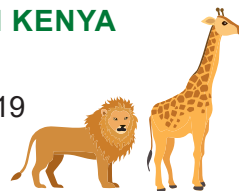
- Tuesday, Nov. 18
- 11 am – 12 pm
- Al Batt, Author



Al Batt of Hartland, Minnesota, is a writer, speaker, storyteller, and humorist who brings laughter and insight wherever he goes. He writes humor and nature columns for newspapers and magazines, hosts weekly radio programs about the natural world and creates nationally syndicated cartoon strips. He is also the author of *A Life Gone to the Birds*. Known for blending wit with down-to-earth storytelling, Al shares tales and observations that leave audiences smiling long after they've left.

SAFARI STORIES: EXPLORING THE SERENGETI IN KENYA & TANZANIA

- Wednesday, Nov. 19
- 11 am – 12 pm
- Barb Muellerleile, Dar Loiselle
& Mary O'Sullivan, Global
Travelers



Five adventurous members of VINE decided it was time to check "African safari" off their travel wish list—while, as they put it, "all their parts are still in working order!" They followed the same itinerary but participated in two separate Road Scholar expeditions: one in October and one in December 2024. Each small group was accompanied by

a guide and two drivers. Their mission? To spot the famed "Big Five" (lion, leopard, elephant, rhino and buffalo). But while their dreams of wildlife encounters were certainly fulfilled, the trip to Kenya and Tanzania turned out to be about so much more than animals. They visited a local grade school and interacted with students, spoke with a village Medicine Man, paddled wooden boats to a fishing village on Lake Victoria and dined on a feast prepared by local women-served in the middle of a banana grove. The cultural exchange, stunning wildlife and even a hot air balloon ride over Maasai Mara National Park made the trip unforgettable.

MINNESOTA BRAILLE & TALKING BOOK LIBRARY

- Thursday, Nov. 20
- 11 am – 12 pm
- Catherine Durivage, Library
Program Director, Susan
Lubbers, Public Services &
Outreach Librarian, Minnesota
Braille & Talking Book Library

Learn about the Minnesota Braille and Talking Book Library which serves Minnesotans who are blind, have low vision or have difficulty reading printed materials because of a physical or reading disability. Hear about available library services including audio books and magazines, braille, large print and descriptive DVDs, as well as downloadable materials through the Braille and Audio Reading Download (BARD) service.



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

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.

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.
Nov. 19: Game Night - Pokeno!
Bring a \$10 gift 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 at (507) 317-0617.

SPELLERS



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

VINE AFTERNOON CARDS

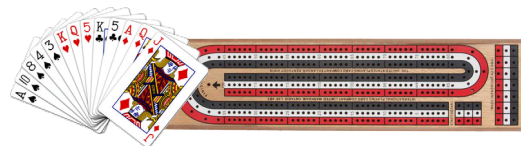


Fridays: 2 – 4 pm
Play a new card game each week.

VINE STOMPERS



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



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.

Nov. 5, 12 & 19: Playing with mixed media using watercolor pencils, pastels, paint, ink and more.

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

Nov. 6 or 13: Ornament creations

and designer gift bags (please only register for one date)

Nov. 20: Holiday Cards



GALLERIES

Galleries are free and open to the public when the building is open.

2nd Floor Gallery

Rotating display of Wednesday Art Quest works.

5th Floor Gallery

The fiber arts exhibition, "Woven World: The Possibilities of Fiber in the World of Art," is on display through November 19.

Holiday Art-on-the-Cart

Shop local and support creativity with Holiday Art on the Cart! Open November 24–26 and December 1–12, Monday–Friday: 9:30 am – 2:30 pm and Saturday, December 6 & 13, 9:30 am – 1 pm.

Browse and purchase unique, handmade items crafted by VINE members, perfect for holiday giving.

If you received a Holiday Art on the Cart vendor packet in October, please drop off your items on November 12 or 13 between 12 – 3 pm. If you would like to participate, email paulette.bertrand@yahoo.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 offers strength training equipment.

**Note: The Fitness Center is temporarily located on the 2nd floor during construction.*

Monday – Friday: 6 am – 7 pm

Saturday: 8 am – 2 pm

CARDIO STUDIO



The Cardio Studio offers cardio equipment, free weights and a stretch cage on the 3rd floor.

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. Visit our website for a local trails map.

Thursdays, 10 – 11 am

11/6: Sakatah Trail by Eagle Lake

11/13: Land of Memories

11/20: Hiniker Pond

Members: if your insurance is changing for 2026, please stop by VINE's front desk with an updated copy of your insurance card.

STRENGTH ASSESSMENTS

- Wednesday, Nov. 5
9 am – 12 pm
Free & open to the public

Get a strength assessment with Mankato Clinic physical therapists or VINE's certified personal trainers. Review your routine, track progress and get tips to boost your fitness. Register at vinevolunteers.org or call Jen at (507) 386-5588.

WALK WITH A DOC

- Tuesday, Nov. 11
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, Nov. 18
1:30 – 2:30 pm
Free & open to the public

Meet cardiac rehab participants and trained staff to support your continual heart healthy effort. Held 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, Nov. 20
2 – 3 pm (meet at Picklebarn)
- Free for VINE members

Learn how to play pickleball. Register at (507) 387-1666.

VINE OPEN PLAY **new time!*

- Tuesdays, Thursdays & *Sundays
1 – 3 pm (meet at 90 Power Dr.)
- Cost: \$6 (\$10 on Sunday) paid to the Picklebarn

HEALTH & WELLNESS

TIMELESS WELLNESS: STRETCH YOUR WAY TO BETTER HEALTH



- Friday, Nov. 21
1 – 2 pm

Did you know that just a few minutes of stretching each day can make you feel stronger, move easier and even reduce stress? Stretching keeps your muscles flexible, your joints healthy and helps prevent injuries, plus it is a great way to reset your body and mind. Learn why stretching is important, the best ways to do it and how to make it an energizing part of your routine.

PERSONAL TRAINING



Have you been out of the workout habit, in a workout plateau or need a change? Do you need 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.

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

Questions? Contact Jen at (507) 386-5588 to learn more or sign up.



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.

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 11/28)*

FRIDAY FAMILY FUN

Nov. 28, 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)*



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

11/1: Aqua 3

11/8: Aqua 2

11/15: Aqua Barre

11/22: 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.

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

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

Wednesdays

6:15 am: Total Body Strength
8:15 am: Move it More
10:15 am: Combo Fit
4:30 pm: Zumba

Thursdays

8:30 am: Roll & Restore
9:30 am: Zumba
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

11/1: Cardio Strength
11/8: Move it More
11/15: PiYo
11/22: Stretch & Flex



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 2nd, 3rd & 5th floors. Now we are working on our 1st floor.

While our west parking lot is under construction and our lobby is undergoing improvements, we have relocated our entrance to the 2nd floor by the east parking lot (across from 5th Street). The Fitness Center has been temporarily moved to the 2nd floor conference room. The pool remains 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

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

Mondays

9 – 9:45 am: Chair Yoga
1 – 1:45 pm: Chair Yoga

Tuesdays

9 – 10 am: Yoga for Health
10:30 – 11:15 am: Chair Yoga

Wednesdays

9 – 9:45 am: Chair Yoga
1 – 1:45 pm: Chair Yoga

Thursdays

8:15 – 8:45 am: Guided Meditation
9 – 10 am: Yoga for Health
10:30 – 11:15 am: Chair Yoga
2 – 2:45 pm: Tai Chi Practice

Fridays

9 – 9:45 am: Chair Yoga
10 – 11 am: Gentle Yoga
1 – 2:30 pm: Restorative Yoga (11/7 & 11/21)

Saturdays

10:30 am: Rotating Yoga
11/1: Yoga for Health
11/8: Chair Yoga
11/15: Yoga for Health
11/22: 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*



Guided Meditation explores breath awareness, body relaxation and visualization practices to quiet the mind and soothe the nervous system. *Level 1*

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*

Tai Chi Practice continues your Tai Chi for Arthritis and Falls Prevention practice focusing on refining what you've already learned. *Level 1*

TAI CHI FOR ARTHRITIS & FALLS PREVENTION PART II



- Mondays & Wednesdays, November 3 – 19
10 – 11 am

Tai Chi uses mindful, slow movements to improve relaxation, balance, strength and mobility. It is easy to learn and safe for older adults. Need to complete part I before taking part II.

This series has weekly classes with a start and end date. Call Jen at (507) 386-5588 to learn more or register. Free for Premium members, \$30 Basic, Social or non-members.



CEO CORNER UPDATE

In November, we gather with family and friends, share a meal and take time to reflect on what we're grateful for. It's also the perfect month to honor family caregivers, the quiet heroes who care for loved ones every day, often without recognition or rest.

In many parts of the world, family caregiving is expected and supported. Here, it can be isolating and exhausting. In the United States, the number of family caregivers helping older adults grew by nearly six million between 2011 and 2022, from 18.2 to 24.1 million. When you include those caring for children or other loved ones, that number jumps to 53 million and chances are you are a caregiver or you know one.

Caregiving isn't always dramatic; it often shows up in small, everyday moments. One story from a VINE caregiver coach captured that truth perfectly. She described a woman caring for her husband and managing her household alone. In her garage sat stacked bags of water softener salt that hadn't been carried to the basement, a small but visible reminder of her struggle. Many people stopped to visit while she was out in the garage, yet no one noticed or offered to help.

That image stays with me. It reminds me that caregivers often need unasked-for help, someone who simply sees and acts.

At VINE, we're committed to supporting caregivers through coaching, counseling and connection. If you're a caregiver, we're here for you. If you know a caregiver, lend a hand. Sometimes compassion looks as simple as carrying a bag of salt.

— Melinda Wedzina, VINE CEO

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.

African Safari: September 15–29
Visit Kenya & Tanzania.

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

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

VINE MEMORIALS

VINE gratefully acknowledges contributions received in August in honor of Scott Oachs, Joan Peterman and Steve Raymond.

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.

LOOKING FOR A UNIQUE GIFT?

Not sure what to get your friend or family member who has everything? A commemorative brick at the VINE Adult Community Center is a great option. These personalized bricks are a meaningful way to honor a loved one or share an inspiring message. Proceeds go 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. For more information, contact Adam at (507) 386-5574.



VOLUNTEER SPOTLIGHT

With a combined 35 years of volunteering, Ella Lynch and Clarice Anderson bring kindness, dedication and humor to every Meals on Wheels route they complete. Clarice has been volunteering for more than 20 years. Ella began volunteering over 15 years ago and has devoted the past six years to VINE, where she enjoys the steady rhythm of her weekly deliveries. Together, they make sure meals and smiles are delivered to neighbors who need them.

Over the years, they've seen many changes, from the location move to the steady growth in meal recipients. For Ella and Clarice, volunteering means connection with each other, with staff and especially with those they serve. One of their favorite memories is bringing their grandchildren along on deliveries. During school breaks, the kids knock on doors, hand out warm meals and chat with people from another generation. "It teaches them empathy," they said, "and shows them how important it is to give back to the community."

When they're not volunteering, they enjoy reading, chair yoga, swimming and card games. Their friendship and shared commitment remind us that volunteering isn't just about delivering meals, it's about building community, one warm visit at a time.

	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	- Lifestyle & Educational Presentations - Card Games - Social & Recreational Groups - Ping Pong - Art Classes - Members Nook	Amenities of Social level plus: - Indoor Walking Track - Cardio Studio - Billiards - Trekking - Discount on Group Fitness Classes <i>Qualifies for most insurance reimbursement programs; making membership free.</i>	Amenities of Social & Basic levels plus: - Full-Service Fitness Center - Warm Water Exercise Pool - Free Fitness Assessment - Group Fitness classes <i>May qualify for reduced rate with insurance reimbursement programs.</i>	



OPEN:

Tuesday – Saturday
10 am – 6 pm

77 Star Street, Mankato

(507) 387-2699

vinestore.org

As the seasons change, it's the perfect time to refresh your home with warm, cozy furniture and seasonal decor! Donate your gently used furniture and decor 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 helps support VINE.

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.



Donate · Shop · Volunteer

