

THE VIEW from VINE

DECEMBER 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 will be **closed**
December 24-25 &
January 1 for the
holidays.



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



GETTING AROUND THIS WINTER

As the winter months arrive in Minnesota, getting around can become more challenging, especially when snow and cold weather make travel less convenient. Fortunately, there are several

transportation options available to help community members stay connected, run errands, attend appointments and enjoy social activities safely and comfortably.

VINE's Door2Door Transportation program assists individuals age 60 and older living in Mankato and North Mankato. Door2Door offers rides when public transit isn't accessible. Thanks to trained and insured volunteer drivers, older adults can get to medical appointments, go shopping and attend events with ease. The program also helps arrange transportation for out-of-town medical visits. Ride requests should be made at least three business days in advance. Passengers receive monthly ride summaries and donation envelopes to support this program sustained by riders, grants and community partners. Those interested in giving back can also volunteer as drivers, making a direct difference in the lives of community members while enjoying a flexible schedule and friendly connections.

For those who live outside Mankato and North Mankato, TRUE Transit provides county-wide public transportation throughout Blue Earth, Nicollet and Le Sueur Counties. TRUE Transit operates Monday through Friday from 8 am to 5 pm. This dial-a-ride service offers affordable transit at just \$5 per ride and can help with shopping trips, medical visits, visiting loved ones and more. You can schedule a ride or get more information by calling (507) 388-8783 or visiting truetransit.org.

Mankato's city public transportation also offers accessible fixed-route buses that run regularly throughout the city as well as a Mobility bus that provides a dial-a-ride option for individuals who are unable to access the route service. Routes cover key destinations including clinics and shopping areas, providing a budget-friendly alternative for frequent travel during winter's slippery days.

VINE's Transportation Manager, Ron Decker, encourages riders to call for reservations as soon as possible, as our transportation services do fill up. Making your request early helps ensure staff and volunteers can coordinate the rides you need, especially during the busy winter season when demand is high.

Staying mobile during the winter months is crucial to maintaining independence and community connection. Whether relying on volunteer drivers, county transit, or city buses, these transportation services offer flexible, affordable ways to weather-proof your travel plans this season.

For more details or assistance in choosing the best option for your needs, contact VINE's Transportation Department at (507) 387-1666.

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)
- shoveling snow 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.

CAREGIVER COACHING

Are you a caregiver? Do you pick up groceries, make food or drive a loved one to appointments? A caregiver is anyone who tends to the needs of a person with limitations due to illness, injury or disability. Caregiving can be rewarding as well as physically and emotionally draining. Caregiving is a difficult journey for many reasons. Caregivers grieve for what is, what was and what will be. Caregivers wrestle with changing roles and how to best support the person they care for. Sometimes it feels isolating and confusing. There is no manual when it comes to caregiving. Through VINE, caregivers find resources, develop coping strategies and set realistic goals. We often hear how talking to a coach has reduced the emotional burden of caregiving and emphasized the importance of self-care.

VINE's 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 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.

Services supported in part by:



CAREGIVER SUPPORT GROUPS

Without support, caregiving can be difficult and isolating. Gain insights and encouragement from others with one of these monthly Caregiver Support Groups at VINE.

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
Dec. 3, 1:30 – 2:30 pm
- 2nd Wednesday of the month
Dec. 10, 1:30 – 3 pm
- 3rd Wednesday of the month
Dec. 17, 5:15 – 6:30 pm
- 3rd Thursday of the month
Dec. 18, 3 – 4 pm
- 4th Wednesday of the month
1:30 – 3 pm **not in December due to Christmas*

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.

Proud Partner Agency



Greater Mankato Area
United Way

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.

FREE MEMORY SCREENINGS

- Thursday, Dec. 18
9 – 11 am

Are you concerned about your memory? VINE's Caregiver Coaches are offering free 15-minute memory screening appointments. These are a great tool for anyone worried about memory loss or those who want to establish a baseline. Call (507) 387-1666 to schedule an appointment at VINE.

FIVE WISHES LIVING WILL/ ADVANCE DIRECTIVE

- Thursday, Dec. 18
4:30 – 5:30 pm
- \$5 for the document

The holidays are a good time to talk with family about Five Wishes, a simple, legally recognized form in Minnesota that lets you name a health care decision-maker and outline the medical, personal, spiritual and emotional care you want if you can't speak for yourself. Register at (507) 387-1666 or vinevolunteers.org.

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.

NEED A RIDE THIS WINTER?

VINE's public transportation program, TRUE Transit, offers safe and reliable dial-a-ride service throughout Blue Earth, Le Sueur and Nicollet Counties, Monday through Friday from 8 am to 5 pm, for just \$5 each way.

Anyone can use this service. All buses are equipped with mobility lifts, and drivers pick you up at your door in a warm, comfortable bus and drop you off exactly where you need to go. Relax and let us handle the winter roads.

TRUE Transit gift certificates are also available for holiday gifts.

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

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.

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.

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.



THE NUTCRACKER PREVIEW

- Monday, Dec. 1
- 2:15 – 3 pm
- Mankato Ballet Company Dancers



Get into the holiday spirit with a special preview of The Nutcracker! Students from the Mankato Ballet Company will bring scenes from this beloved classic to life at VINE. Enjoy an enchanting mini performance, meet the dancers and learn about the dedication and rehearsal that make this timeless production a community favorite. Take a delightful peek into this cherished holiday tradition!

COMPUTER UNIVERSITY: SOCIAL MEDIA

- Monday, Dec. 1
- 5:30 – 7 pm
- Mankato Computer Technology



Discover how social media can keep you connected, informed and inspired! Learn how to use popular platforms like Facebook, Instagram and WhatsApp to video chat with family, join hobby and community groups and explore new interests. This beginner-friendly class also covers essential safety tips and best practices for navigating social media with confidence.

WORK OUT YOUR SWALLOW

- Tuesday, Dec. 2
- 11 am – 12 pm
- Tino Mupambo, MSU-Mankato Speech-Language Pathologist

An interactive and informational workshop led by a certified Speech-Language Pathologist that is designed to help participants discover what Swallowing Disorders are, what typically causes them and what can be done to help. With guidance, participants will have the chance to try out hands-on swallowing exercises that strengthen the muscles in the mouth and throat, key players in safe and healthy swallowing. This program is done in partnership with MSU-Mankato's Center for Communication Sciences and Disorders as they prepare for the launch of the new Swallowing Disorders Clinic Program this Spring.

HEALTHY EARS

- Wednesday, Dec. 3
- 8 – 8:45 am
- Kristi Oeding, MSU-Mankato Audiologist



Listen to an audiologist as she shares expert tips on ear health, proper cleaning techniques and ways to protect your hearing at home. Get your questions answered and keep your ears healthy for years to come! Immediately following, there will be an opportunity to have your hearing assessed and your ears cleaned with prior registration.

EAR CLEANING & HEARING ASSESSMENTS

- Wednesday, Dec. 3
- 9 am – 12 pm

Faculty-led MSU students will be

providing ear cleaning and hearing assessment appointments. Cost is \$5 and pre-registration is required by calling 507-387-1666 or visiting vinevolunteers.org.

USING AI TO HELP WITH YOUR HOLIDAY ACTIVITIES

- Thursday, Dec. 4
- 11 am – 12 pm
- Jason Bruns, MN State Engineering Center of Excellence



Make the holiday season easier, more organized and meaningful! Join us for a hands-on session exploring how Artificial Intelligence (AI) can help with holiday planning, gift ideas, meal prep and creative projects. Discover how AI can spark new ways to connect with family, especially kids and grandkids who are often glued to their screens. Learn how to use free AI tools to find conversation starters, plan interactive activities and create moments that bring everyone together. Perfect for beginners, no tech experience needed.

LIBBY WORKSHOP WITH BLUE EARTH COUNTY LIBRARY

- Friday, Dec. 5
- 1 – 2 pm
- Grace Kranz, Adult Services Librarian



Blue Earth County Library staff will be on site for a special drop-in workshop session at VINE. Sign up for a library card or ask questions about library services. Bring your device to learn more about their online lending app, Libby. Get hands-on assistance and have all your questions answered by the experts.

VERBAL JUDO: THE GENTLE ART OF PERSUASION

- Tuesday, Dec. 9
- 11 am – 12 pm
- Dr. Shawn Schooly, MSU-Mankato Professor of Management

Join Dr. Schooly for a practical session on communicating with empathy, confidence and respect. Discover how to defuse tension and turn conflict into understanding using proven techniques from law enforcement and everyday life. Leave with useful tools to bring more cooperation and calm to daily interactions.

VIRTUAL @ VINE: TO SEE IS TO THINK

- Wednesday, Dec. 10
- 11 am – 12 pm
- Smithsonian American Art Museum

Unlock the secrets behind great art in this live, virtual presentation from the Smithsonian American Art Museum experts at VINE. Dive into artwork across time and style, sharpen your eye for detail and discover how artists use visual choices to share stories and ideas. You'll come away seeing art and the world around you, in a fresh, new way.

SEASONAL POETRY WRITING WORKSHOP

- Thursday, Dec. 11
- 10:30 am – 12 pm
- Sue Chambers, Amanda Bailey & members of SMPS



Celebrate the changing seasons

through poetry with the Southern Minnesota Poets Society (SMPS). Explore writing poems that capture the spirit of winter's arrival, not just the holidays! Bring along your favorite seasonal poems, whether written by you or by others, to share and discuss with fellow poetry enthusiasts.

MANKATO SYMPHONY ORCHESTRA (MSO) PREVIEW

- Friday, Dec. 12
- 12 – 1 pm
- August Jeske, MSO Artistic Director & Musicians
- Free & open to the public



MSO's string quartet welcomes in the season with holiday favorites alongside Beethoven's Ode to Joy. The familiar melody—bright, noble and timeless—resonates through the glow of candles and twinkling lights, blending classical grandeur with the gentle spirit of the season. This musical holiday treat evokes joy and hope, capturing both Beethoven's vision of universal brotherhood and the heartfelt togetherness that defines Christmastime.

COOKING THE MEDITERRANEAN WAY

- Monday, Dec. 15 or Wednesday, Dec. 17
- 10:30 am – 12 pm
- Kelly Kunkel, University of MN Extension Educator



The Mediterranean diet is a lifestyle approach to good health that includes a variety of healthy foods and daily physical activity. In this class, we will learn more about this diet. We will cook and sample several recipes using

fruits, vegetables, whole grains, legumes and healthy fats. \$5 fee for members; pre-registration is required.

CHRISTMAS MYSTERY AT THE HUBBARD HOUSE

- Tuesday, Dec. 16
- 11 am – 12 pm
- Meet at The Hubbard House, 606 S Broad Street, Mankato
- \$5 for VINE members; \$10 for non-members



Kate's sheet music has gone missing and it's up to you to solve the case! As you explore the beautifully decorated Hubbard House, listen carefully to your guide for clues, watch out for red herrings and piece together the mystery of the missing sheet music. The tour also features a special display of vintage musical instruments, the perfect complement to this festive whodunit!

Please note: this tour involves stairs and periods of standing and is not handicapped accessible.

SOUNDS OF THE SEASON

- Friday, Dec. 19
- 12 – 1 pm
- Claire Baker, Director & Mankato West Choir



Get into the holiday spirit with a delightful choir performance by talented students from Mankato West High School. Join us as they bring festive cheer, sharing classic holiday songs and carols that are sure to brighten your day.

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

S

Wednesdays: 9:30 – 11:30 am

BILLIARDS

B

Open during building hours

BINGO

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Thursday, Dec. 11: 1 – 2 pm

CRIBBAGE

S

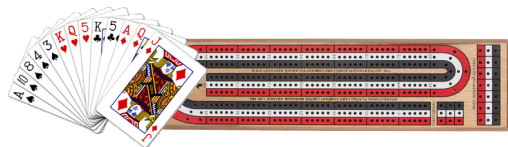
Tuesdays: 1 – 3 pm

DEVINE SINGERS

S

Mondays: 1 – 2 pm

Call Peg (507) 327-4639.



DUPLICATE BRIDGE

S

Mondays & Wednesdays: 1 – 4 pm

Call Raj (507) 351-0133 to register.

GET YOUR YARN ON

S

Wednesdays: 10 – 11:30 am

Bring your own craft & supplies.

MAHJONG

S

Mondays: 1 – 3 pm

Call Susan (507) 571-0091 to join.

MEMBERS FUN HOUR

S

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

Dec. 17: Book Club - read and discuss "The Quiet Librarian" by Allen Eskens.

LEGACY ROOM & MEMBER RETREAT

S

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

MEMOIRS

S

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

S

Thursdays: 2 – 4 pm

Register with Arlyce at (507) 317-0617.

SPELLERS

S

Fridays: 10 – 11 am

Practice spelling for fun with peers.

VINE AFTERNOON CARDS

S

Fridays: 2 – 4 pm

Play a new card game each week.

VINE STOMPERS

S

Wednesdays: 2:15 – 4 pm

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

ART QUEST STUDIO

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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.

Dec. 3, 10 & 17: Winter themes using any medium, guided by Karen Peters.

Thursdays: 1 – 3 pm

Art For Everyone (supplies provided)

Dec. 4, 11 & 18: Take Home Projects

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

Holiday Sale through December 13.

Holiday Art-on-the-Cart

Shop local and support creativity at Holiday Art on the Cart located on the 2nd floor of VINE.



Monday-Friday, December 1–12:
9:30 am – 2:30 pm

Saturdays, December 6 & 13:
9:30 am – 1 pm

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





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, recumbent trainers and more.

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

12/4: Bluff Park

12/11: Weagel Park

12/18: Sibley Park



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

SNOWSHOE RENTAL

Enjoy the great outdoors this winter with snowshoeing! Snowshoes and trekking poles are available to rent for \$25 for the season, plus a \$25 deposit. Call (507) 387-1666 to reserve your set and pick them up at VINE.



WALK WITH A DOC

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

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

VINE OPEN PLAY

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

Supported in part by:



Mankato Clinic

DIABETES PREVENTION PROGRAM (DPP)

- Mondays starting Jan. 26
3 – 4 pm

A free, proactive approach to help individuals make healthier lifestyle choices to reduce the risk of developing Type 2 diabetes with group support. Must be prediabetic or at risk of becoming diabetic.

DIABETES PREVENTION PROGRAM INFO SESSION

- Monday, Jan. 12
3 – 4 pm

Learn about VINE's free DPP and ask questions. Call (507) 386-5588 to determine your eligibility and sign up for the info session.

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.

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 12/26)*

FRIDAY FAMILY FUN

Dec. 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)*



AQUA CLASSES *(registration need)*

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

12/6: Aqua 2

12/13: Aqua Yoga

12/20: Aqua Kickboxing

12/27: Aqua 2

LAP SWIM *(registration need)*

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 *no class 12/31

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

12/6: Strike Strong
12/13: Stretch & Flex
12/20: Circuit Craze
12/27: Move it More



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.

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.

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 is expected to be complete by the end of the year. We are planning a grand re-opening event in January.

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).

We share 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 list.

Thank you for your patience during construction.



HOLIDAY CLOSURES

The VINE Adult Community Center will be closed Dec. 24-25 & Jan. 1 & closing at 5 pm on Dec. 4 & 31 for the holidays.

PEACEFUL MOVEMENT ROOM 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 (12/5 & 12/19)

Saturdays

10:30 am: Rotating Yoga
12/6: Yoga for Health
12/13: Yoga for Health
12/20: Yoga for Health
12/27: Chair Yoga



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*

TIMELESS WELLNESS: BONE DENSITY



- Friday, Dec. 19
1 – 2 pm

Get a brief overview of bone density, what it is, what affects it and common warning signs. Hear ways to strengthen your bones and recognize when to seek additional help. It's never too early or late to reduce your risk of fractures!

TAI CHI FOR ARTHRITIS & FALLS PREVENTION



- Mondays & Wednesdays,
January 12 – March 4
10 – 11 am

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

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

CEO CORNER UPDATE



As the year winds down, I've been reflecting on what keeps our community connected, especially during a Minnesota winter. At VINE, we know getting where you need to go isn't just about transportation; it's about independence, dignity and staying engaged in the life you love.

Research in the American Journal of Public Health found that most people outlive their ability to drive by six to ten years. That reality underscores why services like VINE's Door2Door program and TRUE Transit are so essential. Every ride to an appointment, the grocery store, or a class helps someone remain active and involved, even when the weather or age makes driving difficult.

Keeping our community moving, whether through transportation, fitness, or social connection, takes all of us. I want to extend my heartfelt gratitude to those who have already contributed to our Winter Fundraising Appeal and to thank, in advance, those still planning their year-end giving. Your generosity helps fill the gap left by decreases in federal, state and local funding this year. Community support is more important than ever to keep VINE's facilities, programs and services affordable and accessible for everyone who depends on them.

If you haven't received our winter appeal letter, please stop by the 5th floor administrative office to pick one up and say hello while you're here. We're always happy to see you and share the view.

Your kindness and generosity truly keep VINE and our community moving forward.

– 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.

VINE MEMORIALS

VINE gratefully acknowledges contributions received in October in honor of Lonnie Bristol, Roberta Eggersdorfer, Layne Hopkins and Jim Pfeffer.

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

THOUGHTFUL GIFT OPTIONS TO CONSIDER

VINE offers a variety of clutter-free gift suggestions that not only make good gifts, but also benefit the older adults in the community. All of these are available at VINE's front desk or by calling (507) 387-1666.

- Purchase a gift certificate for a VINE Adult Community Center membership. Give your loved one endless opportunities to stay active and entertained throughout the year.
- Prepay for Meals on Wheels, transportation or chores for a loved one.
- Buy a personalized brick in honor of a special someone in your life. Bricks will be permanently installed at VINE.
- Pay for a "Ducks in a Row" book or a "5 Wishes" document to give to someone to fill out or fill it out for yourself and give to your family.

Shopping at the VINE Home Thrift Store is an economical option that benefits the buyer and the community since proceeds from the store support VINE's programs for older adults. Gift certificates are also available.



VOLUNTEER SPOTLIGHT

This year's Rake the Town event was a tremendous success thanks to over 650 dedicated volunteers who assisted 95 older adults in our area. Volunteers from the community gave their time and effort to ensure that homeowners had leaf-free yards before winter. Their hard work and generosity always captures the spirit of our community.

One volunteer shared, "We look forward to this event every year. It's such a simple way to give back, but it means so much to the people we help."

We are grateful for these volunteers. Because of them, many older adults can face the winter season with one less worry.



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

Get your home ready for holiday guests and cozy celebrations! Stop by the VINE Home Thrift Store to find unique treasures that make your space warm and inviting. From extra seating to holiday tableware and gift ideas, our ever-changing inventory has something for every style and budget. Every donation and purchase supports VINE's programs for older adults. Visit us this December and discover seasonal finds that bring comfort and cheer!



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.



Best of 2025
2ND PLACE
MANKATO
MAGAZINE
The Free Press

