THE VIEW from VINE

JANUARY 2026

VINE
Adult Community Center

MEMBERSHIP LEVELS

To access some programs, a certain membership level is required. Call (507) 387-1666 with any questions.

SOCIAL (S)

- Educational Programs
- Social Groups

FITNESS BASIC (B)

Social plus:
- Walking Track
- Cardio Studio
- Billiards Room

FITNESS PREMIUM (P)

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 January 1** for New Year's Day.

VINE
FAITH IN ACTION

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


Jim & Jennie Ward

A NEW CHAPTER FOR THE VINE ADULT COMMUNITY CENTER (VACC)

As we step into January, the VACC feels both familiar and brand new. After months of construction, relocated classes, dust and constant adjustments, we are nearing the end of this major renovation. While a final layer of pavement and spring landscaping will wait for warmer weather, the core of the project is nearly complete. Very soon, we will open the doors to spaces shaped by bold ideas, thoughtful planning and extraordinary generosity.

This journey began three years ago during a dreaming session where staff, board members and VACC members imagined what a future-ready VINE could be. Ideas included more parking, greater accessibility, a dedicated yoga studio, expanded fitness options, more welcoming gathering spaces and room for programming to grow. That session reinforced something we already understood - this building is not just a structure it's a vibrant place where people connect, learn, move, laugh and find community.

Typically, the next step would have been a capital campaign. Instead, something remarkable happened. Two angel donors, Jim and Jennie Ward, stepped forward with a transformational gift. Their generosity allowed us to move forward immediately, turning sketches into construction documents and aspirations into action. “We are honored to fund this transformative project at VINE. Our goal is to ensure that age is never a barrier to opportunities that enrich the mind, strengthen the body and nourish the soul. This is more than just a building and parking lot project - it's a people project - an investment in the people who have shaped this community for generations,” the Wards said. Because of their gift, we did not have to pause or ask the community to shoulder the financial burden. We were able to focus fully on good design, quality construction and the needs of those we serve.

A project of this magnitude also required a skilled and committed team. Brunton Architects transformed our vision into functional, elegant designs. APX Construction brought those plans to life with care and professionalism. Throughout the noise, equipment moves, temperature swings and surprises that accompany any renovation, our staff worked tirelessly to keep VINE welcoming and safe.

Our members played an essential role as well. Your patience, flexibility and good humor helped carry this project forward. You navigated temporary entrances, rerouted hallways, adapted to shifting schedules and continued to show up. Your resilience reminded us daily why this transformation matters.

(continued on pg. 2)

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
- meals delivered to your home
- shoveling snow and minor home repairs
- caregiver support
- mental health care

For more information, contact a Community Living Coach at (507) 387-1666.

MENTAL HEALTH CARE

Many people find it harder to stay positive in the winter. VINE offers affordable mental health care for older adults in Blue Earth, Nicollet and Le Sueur 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 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 Mary at maryw@vinevolunteers.org or (507) 386-5577.

Services supported in part by:

Medica FOUNDATION

Now, as we enter the final stages, the results are inspiring. New parking areas offer easier access. A refreshed lobby provides warmth and welcome. Upgraded fitness spaces promote healthy aging. A new coed changing room and improved accessibility make the building more comfortable for all. Reimagined social and presentation spaces create room for growth.

On Tuesday, **January 27** from **3 – 5 pm**, we will celebrate with a Grand Re-opening to honor everyone who dreamed, worked, supported and believed. We cannot wait to welcome you and celebrate this milestone together.

CAREGIVER COACHING

Are you a caregiver, picking up groceries, making meals or driving a loved one to appointments? A caregiver supports someone with limitations due to illness, injury or disability. This can be rewarding but also physically and emotionally draining. Caregivers grieve what is, what was and what will be and often struggle with changing roles, isolation and uncertainty. There's no manual for caregiving. Through VINE, caregivers find resources, learn coping strategies and set realistic goals. Many say talking with a coach eases emotional burden and reinforces the importance of self-care.

VINE's Caregiver Coaches can meet with you privately to address specific challenges you may not want to share in a group. Meetings can occur wherever you prefer and may include others involved in care. All topics are welcome and confidential. Coaches bring extensive knowledge, support decision-making, goal setting and referrals.

Call (507) 387-1666 to schedule a session. There is no formal charge; donations are welcome.

Services supported in part by:

MINNESOTA RIVER Area Agency on Aging®

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 Jan. 7, 1:30 – 2:30 pm
- 2nd Wednesday of the month Jan. 14, 1:30 – 3 pm
- 3rd Thursday of the month Jan. 15, 3 – 4 pm
- 3rd Wednesday of the month Jan. 21, 5:15 – 6:30 pm
- 4th Wednesday of the month Jan. 28, 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.

Proud Partner Agency

United Way

Greater Mankato Area

FIVE WISHES LIVING WILL/ ADVANCE DIRECTIVE

Five Wishes is an easy to complete form that lets you say exactly what you want when you can't speak for yourself. Wish 1 allows you to choose the person you want to make health care decisions on your behalf. Wish 2 provides options for the kind of medical treatment you want or don't want. Wishes 3, 4 and 5 deal with your personal, spiritual and emotional wishes. Once completed the document is valid and legal under MN law. The Five Wishes document can be purchased for $5 at VINE.

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.

HEALING CAREGIVER BURNOUT

- Tuesday, Jan. 27
  1 – 2 pm or 5:30 – 6:30 pm
- Joyce Kolbet & Les Koppendrayer
- Free & open to the public

This interactive webinar will help caregivers gain valuable insights into recognizing signs of burnout, understand the impact of burnout, and discover practical strategies to prevent and recover from burnout. Caregivers, please call VINE (507) 387-1666 to register for one of the two sessions.

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 Jim at (507) 508-9556 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.

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.

COMPANION SERVICES

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 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.

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

TRUE TRANSIT

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 picks you up at your door and drives you where you need to go. Call VINE and request a ride (3-day advance notice preferred). We drive people to doctor appointments, hair appointments, grocery stores, banks, pharmacies, etc. Door-2-Door operates mainly inside Mankato, North Mankato and St. Peter.

Services supported in part by:

MAYO CLINIC HEALTH SYSTEM

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.

HOW THE RED CROSS RESPONDS TO DISASTERS NEAR & FAR

- Tuesday, Jan. 6
- 11 am – 12 pm
- Joe Reinemann, Red Cross Volunteer

Join us for an informative presentation with a dedicated Red Cross volunteer, as he shares an insider's look at how Red Cross responds when disaster strikes. From local emergencies to large-scale national crises, Joe will explain how teams mobilize to provide relief, resources and hope to those affected. Learn what goes on behind the scenes and how volunteers make a difference in communities across the country.

TOUR @ PIONEER BANK

- Wednesday, Jan. 7
- 10:30 – 11:30 am
- Meet at 1450 Adams St., Mankato
- Jenn Faust, Treasury Management Officer

Take a guided tour of Pioneer Bank to get a behind-the-scenes look at the heart of the bank's operations. Explore key areas, meet team members from different departments and learn how they collaborate to serve our community. Representatives from lending, customer service and treasury management will be on hand to talk about their work and answer questions. It will be a great opportunity to see how a community bank makes a difference from the inside out.

BUILDING YOUR POETRY TOOLKIT WRITING WORKSHOP

- Thursday, Jan. 8
- 10:30 am – 12 pm
- Members of Southern Minnesota Poets Society (SMPS)

If you're new to writing poetry or looking to grow your craft, this session will help you expand your poetic toolbox and focus on what resources you can bring to your poetry. Together, we'll explore a variety of techniques to spark inspiration, trigger your writing and polish your poems into finished pieces. You'll also discover fun and meaningful ways to share your work with others and connect more deeply with the art of poetry.

BRAVO ZULU HOUSE

- Thursday, Jan. 8
- 11 am – 12 pm
- Tim Murray & Heather Gordon, Bravo Zulu House

Join us for a powerful presentation on the Bravo Zulu House project in Mankato, aimed at creating America's first all-military sober home exclusively for women veterans with PTSD. Heather Gordon, US Navy Veteran and Brand Ambassador, will share her inspiring story of challenges and triumph. With over 2 million women veterans in the US, many face serious struggles: 1 in 3 have experienced Military Sexual Trauma and 22 veterans die by suicide daily, with 10% being women. More than 90% of these veterans battle addiction and PTSD/MST. The Women's Bravo Zulu House in Mankato will be the first of its kind in the nation, offering hope and healing where it's needed most.

WOMEN'S GIVING CIRCLE

- Tuesday, Jan. 13
- 11 am – 12 pm
- Maureen Gustafson, Mankato Area Foundation

Learn about the Women's Giving Circle. This group of local women pools their resources and meets quarterly to decide how to grant funds that support women and children in Greater Mankato. With a simple, inclusive structure, the Giving Circle shows how collective giving can make a powerful community impact.

TALK THE TALK WITH THE BETHANY SPEECH & DEBATE TEAM

- Thursday, Jan. 22
- 11 am – 12 pm
- Jon Loging, Speech & Debate Team Coach & Bethany Lutheran College Students

College students actively compete in a number of public speaking events. This incredibly educational activity teaches students confidence, critical thinking, interpersonal communication skills, audience analysis and public speaking skills. Learn how and why they do it. More importantly, learn what they get from doing it. Several of the events will be demonstrated. You may become part of the fun!

AGING LIKE A SUPERSTAR!

- Thursday, Jan. 22
- 1 – 2 pm
- Dr. Luke Weber, DC Kinetic Spine & Sport

Take a lively and entertaining look at how to age like a superstar! Using familiar characters from classic movies and TV, Dr. Weber will highlight the habits and strategies that help people stay strong, active and socially connected as they age. Learn how movement, muscle strength and regular activity can keep you feeling your best and how to handle those inevitable aches and pains along the way.

IOWA TULIP FESTIVALS

- Friday, Jan. 23
- 11 am – 12 pm
- Linda Good, World Traveler

Experience a touch of the Netherlands in the Midwest! Each spring, towns like Pella and Orange City, Iowa, celebrate their Dutch heritage with colorful Tulip Festivals featuring parades, wooden shoemakers, traditional costumes, music, dancing, street sweeping ceremonies and delicious Dutch food. Join Linda as she shares highlights from two unforgettable road trips to Iowa's famous Tulip Festivals. She'll showcase the fun that was had learning about what makes these events so unique.

COMPUTER UNIVERSITY: DIGITAL PHOTOGRAPHY

- Monday, Jan. 26
- 5:30 – 7 pm
- Mankato Computer Technology & Denice Woller, Photographer

Discover a brief history of digital photography alongside essential skills like editing, saving, renaming and organizing your photo files. Gain valuable tips from a professional photographer on crafting beautiful compositions. Whether you're just starting out or aiming to hone your digital photography skills, you will leave motivated to confidently capture and curate your special moments.

SENIOR PROVIDER RESOURCE GUIDE

- Tuesday, Jan. 27
- 11 am – 12 pm
- Senior Provider Community Connections Board Members

Learn from a panel discussion highlighting the Senior Provider Resource Guide, a comprehensive directory of services, programs and supports available to older adults in our area. Learn how this guide connects seniors, families and professionals to valuable community resources. The session will also include time for open questions and conversation. Come learn, connect and share ideas on how we can work together to better support seniors in our community.

WHAT IS A CAUCUS?

- Thursday, Jan. 29
- 11 am – 12 pm
- Olivia Bergen, Southern Minnesota Organizer, ISAIAH

Olivia will give a clear, practical overview of the Minnesota caucus process, explaining when, where, how, and especially WHY to attend your local precinct caucuses. A Q&A will follow with other members of the local ISAIAH group, who will be sharing their personal experiences. ISAIAH is a Minnesota-based, multi-faith, multiracial, non-partisan organization that brings together local faith communities and other groups to work for racial and economic justice, with an active chapter in the Mankato and St. Peter areas.

HEALTHIER COMFORT FOODS LUNCH & LEARN @ MSU

- Friday, Jan. 30
- 11:30 am – 1 pm
- Emma Smith, MSU-Mankato Family & Consumer Science Professor & Students
- Cost: $10, pre-registration is required by 1/26

Discover how to give your favorite comfort foods a healthy twist. Learn simple ways to lighten up classic dishes, swap ingredients for better nutrition and shop smart for wholesome ingredients. We'll explore reducing food waste and cooking techniques that make cozy, satisfying meals nourishing.

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

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

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Wednesdays: 9:30 – 11:30 am

BILLIARDS

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Open during building hours - all equipment provided.

CRIBBAGE

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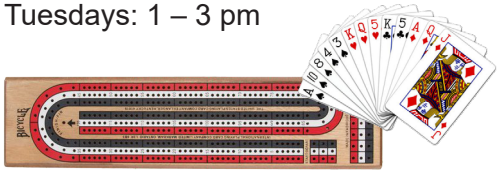
Tuesdays: 1 – 3 pm



DEVINE SINGERS

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Mondays: 1 – 2 pm

VINE Singers are a chorus that meets weekly to rehearse and share the gift of music with others by entertaining in the community. New members are welcome and those who enjoy singing are encouraged to join. Call Peg at (507) 327-4639 to learn more.

DUPLICATE BRIDGE

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Mondays & Wednesdays: 1 – 4 pm

Call Raj at (507) 351-0133 to join.

GET YOUR YARN ON

S

Wednesdays: 10 – 11:30 am

Bring your own craft and supplies.

MAHJONG

S

Mondays: 12:30 – 3 pm

Call Susan at (507) 571-0091 to join.

MEMBERS FUN HOUR

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

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

MEMBER RETREAT (2nd floor) & LEGACY ROOM (5th floor)

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

MEMOIRS

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Tuesdays: 10:30 am – 1 pm

Get your life stories down on paper with this writing group.

PING-PONG

B

Open play - all equipment provided.

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

SOCIAL BRIDGE

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Thursdays: 2 – 4 pm

Call Arlyce at (507) 317-0617 to join.

SPELLERS

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Fridays: 10 – 11 am

Practice spelling for fun with peers.

VINE AFTERNOON CARDS

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Fridays: 2 – 4 pm

Play a different card or board game each week.

VINE STOMPERS

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Wednesdays: 2:15 – 4 pm

The VINE Stompers had a busy December with 14 nursing home and senior facility performances. The Stompers are taking a short break and will resume regular practices on January 14. This is an excellent time for new dancers to join the group, as they will not be rehearsing for a program, but learning some new dances. Contact Mardell at (507) 382-9333 to join.

THANKS TO OUR NEWSLETTER SPONSORS!

New for 2026, *The View from VINE* newsletter now has sponsors! Thanks to their generous support, we're able to expand our newsletter and reduce production costs.

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.

Jan. 7 & 14: Unleash your creativity by sharing with others. Whether you choose to paint or draw, explore ideas, techniques and find joy in the process.

Jan. 21 & 28: Artist Trading Cards Join a visiting artist on a collaborative abstract art project. Explore mixed media with an emphasis on small art. This is a repeat class, sign up for one date only. If AFTER Jan. 27, spots are open, you can sign up again.

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

Jan. 8: Zentangle Snowflakes

Jan. 15: Repurposed Book Art, Hedgehog

Jan. 22: Repurposed Book Art, Rose Beauty

Jan. 29: Beautify the Walking Track

GALLERIES

Galleries are free and open to the public when the building is open. Some of the pieces are for sale with a portion of the proceed benefiting VINE's art and craft programming.

2nd Floor Gallery

Rotating display of Wednesday Art Quest works.

5th Floor Gallery

Winter Fun is on display January 15 – March 5 in the 5th Floor Gallery. The Wednesday Paint and Draw classes have been capturing the beauty of the season. Stop by to enjoy these creative interpretations of winter's charm, created by our talented members.

Thank You!

Thanks to everyone who sold or shopped at the Holiday Art-on-the-Cart this year! We had a great turnout.

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

FITNESS CENTER

Our fitness center 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.

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

1/8: Sakatah Trail Wickersham (park off Hwy 22)

1/15: Indian Lake

1/22: Williams Nature Center

1/29: Riverfront Park

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, Jan. 13
  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 on our indoor walking track.

PICKLEBALL AT THE PICKLEBARN

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

PICKLEBALL CLINIC

- Thursday, Jan. 15
  2 – 3 pm (meet at Picklebarn)
- Free for VINE members

Learn how to play pickleball and get a tour. 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

CARDIAC REHAB GROUP

- Tuesday, Jan. 20
  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.

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 Jen to register at (507) 386-5588.

TIMELESS WELLNESS: WINTER WEATHER

- Friday, Jan. 23
  1 – 2 pm

Discover practical tips for getting yourself, your home, and your mind ready for Minnesota's winter season. We'll cover how to keep your home warm and safe, smart ways to prepare and dress for outdoor activities, and helpful travel tips for winter weather. Plus, learn how to care for yourself as the cold and dry months arrive, so you can stay healthy and comfortable all winter long.

***Members**:*

If your insurance changed for 2026, please stop by VINE's front desk with an updated copy of your insurance card.

Also, please remember to tell us if your contact information changes (phone number, address, email or emergency contact).

Thank you!

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
- Free & open to the public

This program offers a proactive approach to empowering individuals to make healthier lifestyle choices to reduce the risk of developing Type 2 diabetes with group support. This program is for people who are prediabetic or at risk of becoming diabetic.

DIABETES PREVENTION PROGRAM INFO SESSION

- Monday, Jan. 12
  3 – 4 pm
- Free & open to the public

Learn about VINE's Diabetes Prevention Program and ask questions with the instructor. Call Jen to determine your eligibility and sign up for the info session at (507) 386-5588.

NEXT STEP: KNEE RECOVERY

- Mondays & Wednesdays,
  Jan. 12 – March 4
  3 – 4 pm

After your knee replacement and physical therapy, join this supervised, evidence-based small group to regain strength, flexibility and stamina. $200 Social members and public, $80 Basic and Premium members.

PERSONAL TRAINING

Have you been out of the workout habit, in a workout plateau or need a change? Do you need help and advice or more guidance with your chronic condition? VINE's certified personal trainers (CPTs) can help. Personal training is a supervised, one-on-one workout where the CPT creates programs based on your specific goals. Programs are designed for land or water exercise.

Meet one of our personal trainers: Jake Marzinske. Jake got his degree in Exercise Science from Bethany Lutheran College. In his free time, Jake likes playing volleyball, hanging out with family and friends, practicing organ/piano and relaxing. His motto is "move it or lose it." It's hard to get up and move it alone so let's move it together.

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

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

MEMBER HIGHLIGHT

Since joining VINE in 2023, Geri Halbert has become one of those members whose presence you feel before you even see her. From her very first day, she approached VINE with the same enthusiasm she brings to her classroom, jumping into activities, making connections and embracing new experiences. A teacher for 37 years and counting, she carries that same energy and curiosity through our halls, eager to learn, share and grow alongside others.

Teaching is woven into who she is and you can see that in the way she listens, encourages and lights up in conversation. As a devoted grandmother, she glows when talking about her grandkids. They're the reason she stays active, the reason she keeps moving, learning and showing up.

Since becoming a part of VINE, Geri has built a circle of friends who have become like family, people she can lean on and who know they can lean on her. Whether sharing laughter, supporting one another through loss, celebrating triumphs or simply enjoying the everyday moments, she embodies the heart of our community.

Geri reminds us daily that staying active isn't just about moving your body, it's about staying connected, curious and true to what you love.

FREE FITNESS ASSESSMENT

Fitness assessments evaluate your physical fitness and can be a useful way to track your progress. Fitness assessments are free for Premium members.

Contact Jen at (507) 386-5588 to schedule an appointment.

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.

PRIVATE PILATES SESSIONS

One-on-one Pilates provides personalized attention tailored to your unique needs, helping you move better, build strength and improve posture. With customized exercises and hands-on guidance, private sessions ensure proper form, faster progress and a safer, more effective workout designed just for you.

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

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

NEW AQUA CLASS: INSTRUCTOR'S CHOICE

- Tuesdays
  5:30 – 6:15 pm

Instructor will choose from Aqua 2, Aqua 3, Aqua Kickboxing, Aqua Deep or Aqua Cardio & Core. Each week there will be a different class. Come each time to experience the variety.

NEW GROUP EXERCISE CLASS: PICKLEBANDS

- Wednesdays
  2 – 2:45 pm

Pickleball fans: join this class to use resistance BANDS to strengthen your muscles and prevent injury. Enjoy the music of your favorite BANDS while you work!

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 (5:30 on Tuesdays)

Wednesdays
6 – 9:30 am
5 – 6:30 pm

Fridays
6 – 9:30 am
5 – 6:30 pm *(excludes 1/30)*

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

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

AQUA CLASSES *(register)*

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
5:30 – 6:15 pm: Instructor's Choice

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 Kickboxing
11:45 – 12:30 pm: Aqua Yoga **new*

Saturdays
9:30 – 10:15 am: Rotating class
1/3: Aqua 3
1/10: Aqua Kickboxing
1/17: Aqua 2
1/24: Aqua Yoga
1/31: Aqua Kickboxing

LAP SWIM *(register)*

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 Kickboxing 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	Aqua Yoga 11:45 – 12:30 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	Open Swim 5 – 6:30 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 – 5:30 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
5:30 pm: Boot Camp

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

Wednesdays
6:15 am: Total Body Strength
8:15 am: Move it More
10:15 am: Combo Fit
2 pm: Picklebands **new*
4:30 pm: Zumba®

Thursdays
8:30 am: Roll & Restore
9:30 am: Zumba®
10:30 am: Pilates
11:30 am: Strike Strong
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

1/3: Cardio Strength
1/10: Strike Strong
1/17: Move It More
1/24: Stretch & Flex
1/31: Circuit Craze

GROUP EXERCISE CLASS DESCRIPTIONS

STRENGTH · CARDIO · BALANCE & RELAXATION

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

Boot Camp 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! 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 soon. We are planning a grand re-opening event once the work is done.

We share updates 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.

REGISTRATION REMINDER

Registering for and canceling group fitness classes is important. If you are unsure of how to register, please ask for assistance at the front desk or visit our website to watch a helpful video tutorial. VINE is proud of its extensive class offerings and works hard to avoid interruptions in the schedule. However, due to weather or construction, the posted schedule may need to be modified during the month. VINE will notify registered members of any changes.

HOLIDAY CLOSURE

The VINE Adult Community Center will be closing at 5 pm on December 31 and closed January 1 for New Year's Day.

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
2 – 2:45 pm: Yogalates **new*

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 (1/2 & 1/16)

Saturdays
10:30 – 11:15 am: Rotating classes
1/3: Yoga for Health
1/10: Yoga for Health
1/17: Chair Yoga
1/24: Yoga for Health
1/31: 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*

Yogalates combines yoga and Pilates to provide a workout with the flexibility, mindfulness and breathwork from yoga and the core strengthening and postural techniques of Pilates. *Level 2F*

TAI CHI FOR ARTHRITIS & FALLS PREVENTION

- Mondays & Wednesdays, Jan. 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.

TRAVEL WITH VINE & COLLETTE

Ready for an adventure? We are offering unforgettable trips in 2026 and planning for more in 2027! We'll take care of all the planning, while you enjoy the fun.

New York City Holiday: Dec. 1–5 Experience the "Big Apple" at its festive best. There's nothing like the beauty of the glittering lights of New York during the holidays.

For details or to reserve your spot, contact Meghan at meghanv@vinevolunteers.org or (507) 386-5576.

ROOM RENTALS AVAILABLE

The VINE Adult Community Center has several rooms available to rent. It's the perfect venue for your upcoming holiday, birthday, anniversary or retirement party. We have plenty of space needed to make your get-together memorable.

Visit vinevolunteers.org for more information or contact Alex at alexm@vinevolunteers.org or (507) 386-5587.

LEAVE YOUR MARK

Help us fill the commemorative brick wall at the VINE Adult Community Center. Only 25 bricks remain 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 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. For more information, contact Adam at (507) 386-5574.

BIRTHDAY FUNDRAISERS

If you don't need more stuff, consider creating a birthday fundraiser on Facebook to benefit VINE. This gives your friends and family the opportunity to give a financial gift to VINE in your honor. Several VINE members and volunteers have participated in this selfless opportunity and we are very grateful. Call (507) 386-5573 if you need help creating a birthday fundraiser.

CEO CORNER UPDATE

Welcome January and all the energy a new year brings. If you've read this month's cover story, you know we are approaching the finish line of our renovation while continuing to operate in most of our refreshed spaces. What has taken shape over these past months is the result of big ideas, steady teamwork and the generosity of people who believe deeply in VINE's mission. With only a few final touches left to complete, we begin 2026 with a renewed sense of possibility and gratitude for everyone who has helped us get here.

A new year naturally invites reflection and fresh intention. Many of us resolve to improve our health, deepen relationships or simply create more space for joy. At VINE, you don't have to take those steps alone. Whether it's adding an extra class to your weekly routine, trying a new activity, stopping in for coffee with a friend or volunteering your time in a meaningful way, every small action strengthens both your own well-being and the community we share.

One of the greatest gifts of VINE is that we get to grow together. If you are seeking more physical activity, accountability or social connection in 2026, I hope you'll lean into all that VINE offers. Our team, your fellow members and our dedicated volunteers are here to encourage you every step of the way.

Thank you for the care, energy and warmth you bring to VINE every day. Happy New Year!

– Melinda Wedzina, VINE CEO

VINE MEMORIALS

VINE gratefully acknowledges contributions received in November in honor of Bob Layman, Donna Rausch and Jim Rossow.

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.

THANK YOU!

We extend our heartfelt gratitude to everyone who contributed to VINE's Winter Appeal. Your generosity makes a meaningful difference, helping ensure that older adults in our community have the support, resources and connection they need to thrive throughout the year.

Because of your kindness, VINE can continue offering vital services that enrich the lives of the people we serve. Your commitment to our mission inspires us and we are profoundly grateful for your partnership and compassion.

Thank you for standing with us and helping create a stronger, more caring community for all.

BLOOD DRIVE AT VINE

- Friday, Jan. 2
  11 am – 4 pm

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

Walk-ins are also welcome.

VOLUNTEER SPOTLIGHT

Nancy Kluck has been a steady and welcoming presence in VINE's Fitness Center since 2014, volunteering every Monday afternoon. She and her husband Mike first joined as yoga and fitness participants before shifting into teaching and then supporting others through volunteer work.

A lifelong educator, Nancy brings both knowledge and genuine care to her shifts. She greets participants by name, helps newcomers feel at ease and believes VINE's Fitness Center is more than a place to work out, it's a community where people find friendship, encouragement and belonging.

One of her favorite memories is watching a once-hesitant new member grow stronger each week, adding more laps and proudly sharing her progress. Moments like these, Nancy says, make volunteering meaningful.

For Nancy, VINE is special because of the relationships she's built over the years. Many members have become friends and those connections bring her great joy. She encourages others to volunteer, saying, "Bringing joy to others is an amazing way to serve."

Thank you, Nancy, for your kindness, dedication and the lasting impact you've made on our fitness community. VINE is better because of you.

VINE
Adult Community Center

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	• 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 ***Qualifies for most insurance reimbursement programs; making membership free.***	Amenities of Social & Basic levels plus: • Full-Service Fitness Center • Warm Water Exercise Pool • Free Fitness Assessment • Group Fitness classes ***May qualify for reduced rate with insurance reimbursement programs.***	

VINE
HOME THRIFT STORE

OPEN:

Tuesday – Saturday
10 am – 6 pm

77 Star Street, Mankato

(507) 387-2699

vinestore.org

Kick off 2026 by decluttering or discovering treasures! Donate gently used furniture, décor and household items Tuesday–Saturday, 10 am – 5:30 pm, or browse our ever-changing inventory for unique “new-to-you” finds.

Every donation and purchase supports VINE’s programs for older adults. Start the year fresh and make a difference!

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