



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



FAITH IN ACTION

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



HEART HEALTH AT VINE

February is American Heart Month and at VINE that means putting a spotlight on everyday steps members are taking to strengthen their hearts. For VINE member, Pat Anderson, that journey started with a serious scare and has grown into a new routine centered at VINE.

Heart disease remains the leading cause of death for men, women and most racial and ethnic groups in the United States, causing about 1 in every 5 deaths. High blood pressure is a major driver of heart problems as nearly half of U.S. adults live with hypertension, yet only about 1 in 4 have it well controlled. American Heart Month is a reminder that small, consistent changes, like moving more, eating well and getting support, can lower one's risk.

After experiencing a myocardial infarction (heart attack) in October and an atrial fibrillation (AFib) event in December, Pat knew it was time to focus on healing her heart. She met with Jen, VINE Health and Fitness Manager and exercise physiologist, in November to begin a tailored program that supports her cardiac rehab plan. Two times a week, they work together on the walking track and in the new cardio studio, focusing on endurance, stamina and overall health.

Pat enjoys walking and using the arm bike in the cardio room, where she feels she gets a productive yet safe workout. She says the renovated facility and Jen's thoughtful approach make each session "fun and fulfilling," which matters a lot to someone who "was never one to exercise but loved to swim" and now she doesn't mind exercising with a trainer.

Pat chose personal training at VINE because of the close attention, appropriate intensity and caring nature of the staff, and she now finds herself taking daily walks at home and feeling more motivated to stay active. VINE's personal trainers are knowledgeable and supportive, helping members navigate movement after a heart event or while managing risk factors like high blood pressure.

Pat's experience is just one example of how VINE's many trained personal trainers and fitness professionals support members' heart health. In addition to one-on-one training, VINE offers a wide range of group fitness classes, everything from gentle yoga and balance work to more energetic offerings like Zumba, so members can find movement that feels right for their bodies and interests.

Beyond exercise, VINE regularly brings in local medical and wellness experts for educational classes focused on blood pressure, cholesterol, healthy eating, exercise and other heart health topics, giving members reliable information and practical tools to protect their hearts. The facility itself is designed with heart health in mind, featuring a warm-water exercise pool for joint-friendly movement, an indoor walking track and fully equipped fitness center.

(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
- 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.

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. Meal recipients also benefit from a valuable safety check each day. 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 or visit vinevolunteers.org to learn more.

Proud Partner Agency



Greater Mankato Area
United Way

The new cardio studio is available with a Basic level of membership or higher, offering accessible options for walking, cycling and other low-impact cardio exercise.

The Cardiac Rehab Group, which meets on the third Tuesday of each month, is free and open to the public and offers tours, introductions to staff and ongoing encouragement to stay active and informed about cardiovascular health.

Make American Heart Month the time you follow your heart to VINE and let us be your partner in every step, stretch and stride toward better heart health.



CAREGIVER CONSULTING: YOU DON'T HAVE TO DO THIS ALONE

Caregivers are the quiet heroes of our community. Whether you're supporting someone living with dementia, recovering from injury, managing a disability or facing a progressive illness, caregiving can be deeply meaningful but exhausting.

Many caregivers carry physical, emotional and spiritual strain. They grieve what has changed, what has been lost and what lies ahead. Shifting roles, isolation, uncertainty and constant decision-making can feel overwhelming. And the truth is there's no manual for caregiving.

Through VINE, caregivers can find understanding, practical resources and compassionate support. Our Caregiver Consultants, Joyce Kolbet and Mary Wichtendahl, are available to meet with you one-on-one to talk through the challenges you may not feel comfortable sharing in a group.

Consultations are confidential and tailored to your needs. You can meet at VINE, by phone or in your home and invite others involved in care if helpful. No topic is off-limits. We offer extensive experience and can help with decision-making, coping strategies, realistic goal-setting and referrals to additional resources.

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

NEW CAREGIVER SUPPORT GROUPS & TIMES

VINE is supporting a growing number of caregivers. Since all groups are limited to 10 participants, we invite you to select one support group each month.

Pre-registration is required. Call (507) 387-1666 or email vine@vinevolunteers.org. If you can't attend a support group for which you've registered, please call to cancel as no-shows prevent other caregivers from getting the support they need. Should you need more support in a given month, we encourage you to request Caregiver Consulting. Thank you.

Mankato Support Groups

VINE Adult Community Center

- 1st Tuesday of the month
Feb. 3, 10 – 11 am
- 2nd Wednesday of the month
Feb. 11, 1 – 2:30 pm
- 3rd Wednesday of the month
Feb. 18, 5:15 – 6:30 pm
- 3rd Thursday of the month
Feb. 19, 3 – 4 pm

Services supported in part by:



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

We are looking for individuals or groups who would be able to assist with snow removal this winter. You can 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.

FIVE WISHES LIVING WILL/ADVANCE DIRECTIVE

- Wednesday, Feb. 18
4 – 5 pm
- Cost: \$5 for the document

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 for you. 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 and properly signed, the document is valid and legal under MN law.

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

MENTAL HEALTH CARE

Depression is very common. It's often caused by problems of daily life. Although we all encounter problems in our lives, big and small, every day and it's a normal part of living, if we let problems pile up unresolved, it can become overwhelming and lead us to feel depressed. A depressed mood is a signal that there are problems in our lives that need attending to and we can use this as a cue to act.

People who are depressed can learn ways of dealing with their depression by using problem solving skills. With these skills one can learn to cope better with their problems and feel better as a result. If we're able to tackle problems as they arise, it will decrease the likelihood that we become or stay depressed.



Mary Wichtendahl

The PEARLS program is an evidence-based approach for people 60+ experiencing symptoms of depression. Appointments can be held at VINE or virtually. Mary Wichtendahl is the new Coach for PEARLS. To learn more, contact Mary at maryw@vinevolunteers.org or (507) 386-5577.

Services supported in part by:



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.



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:



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.



MAVERICK FAMILY NURSING SIMULATION CENTER

- Tuesday, Feb. 3
- 11 am – 12 pm
- Erica Mathis, Simulation Operations Coordinator

Learn about MSU-Mankato's state-of-the-art Maverick Nursing Simulation Center, where future nurses train using cutting-edge technology and lifelike clinical scenarios. Learn how community volunteers bring these simulations to life by playing the roles of patients and family members. Erica will share examples from simulations, describe volunteer opportunities and explain how the next generation of healthcare professionals are training.

ABOUT TEETH: THE FACTS ON FLUORIDE

- Tuesday, Feb. 3
- 1 – 1:45 pm

Oral Health Assessments:
2 – 3 pm (\$5 fee per 15-min. appointment)

- Lynnette Engeswick, Ph.D., MSU-Mankato Professor Dental Hygiene & Dental Hygiene Students

A healthy smile supports more than just confidence, it plays a key role in overall wellness, nutrition and quality of life. Learn what fluoride is, how it protects teeth

and why fluoridated water continues to be important as we age. This session will also address common questions and myths about fluoride and highlight its role in preventing root decay and maintaining strong, comfortable teeth for years to come.

- 12 – 1 pm
- Shawn Schooley, MSU-Mankato Professor

Discover how small changes in daily routines can boost happiness, reduce stress and improve overall well-being. This session introduces practical "rewirement habits" like gratitude, mindfulness and kindness that are simple tools backed by science to help you create lasting positive change. Leave with fresh insights and a personal action step for rewiring your own habits over the next 66 days.



HISTORIC ADVENTURE TRAVEL TOURS

- Wednesday, Feb. 4
- 11 am – 12 pm
- John Grabko, Historic Adventure Travel Tours

Learn how you can travel the Midwest by bus. Get a sneak peek at the historic adventures planned for the year ahead, preview featured destinations and find out how you can be part of the journey. Whether you're dreaming about a future trip or simply love learning about travel and history, see what adventures await.

FIRE SAFETY

- Tuesday, Feb. 10
- 11 am – 12 pm
- Sean Hayes, Fire Marshal

Join Sean for an informative, interactive and practical talk on keeping you and your home safe from fire. Learn how to prevent common fire hazards, act quickly and calmly in an emergency and see a live demonstration on how to use a fire extinguisher.



CONNECTIONS SHELTER & DROP-IN CENTER

- Thursday, Feb. 5
- 11 am – 12 pm
- Jennifer Echevarria & Liz Paul, Connections Shelter

Take a thoughtful look at the realities of homelessness in Mankato and the work being done to support those in need. Hear the story of Connections Shelter, how it began, the services it provides and future plans to address the growing challenge of homelessness in our area. Learn ways to get involved, from volunteering to supporting ongoing efforts that help the unhoused.

CITY OF MANKATO UPDATE

- Wednesday, Feb. 11
- 11 am – 12 pm
- Susan Arntz, Mankato City Manager

The Mankato City Manager will present a preview of the 2025 State of the City report and provide key updates about city projects.

THE SCIENCE OF WELLBEING

- Monday, Feb. 9

OUR NEIGHBORS IN LATIN AMERICA

- Thursday, Feb. 12
- 11 am – 12 pm

(continued on pg. 5)

(continued from pg. 4)

- Loramy Gerstbauer, Gustavus Adolphus College Professor of Latin American Politics

The Western Hemisphere is thriving compared to a lot of the world – with less war and more freedoms and democracy. There are exceptions, like Venezuela and Haiti. What should we know about our neighbors in Latin America? What is going on in countries south of the U.S. and how are U.S. policies affecting them?

THE IMPORTANCE OF VOTING WITH THE MN SECRETARY OF STATE

- Friday, Feb. 13
- 10 – 11 am
- Steve Simon, MN Secretary of State

Join the Minnesota Secretary of State, Steve Simon, for a nonpartisan voter outreach event. He will discuss the importance of voting, Minnesota's long history of civic engagement and high voter turnout, the aspects of Minnesota's laws and civic culture that keep us among the top states for voter turnout, and the importance of local community civic engagement efforts.

BEHIND THE LENS: ALASKA

- Tuesday, Feb. 17
- 11 am – 12 pm
- Benji Inniger, Photographer



Come along with Benji for a breathtaking visual journey through *The Last Frontier*. He explores Juneau, the Kenai Peninsula, Cook Inlet, Talkeetna and Healy-plus the awe-inspiring Denali, Kenai Fjords and Glacier Bay National Parks. Through his stunning photography and storytelling, you'll experience Alaska's vast wilderness, vibrant wildlife and majestic landscapes from the comfort of your chair.

HEARING LOSS & DEVICES

- Thursday, Feb. 19
- 11 am – 12 pm
- Anita Steinbach, Hearing Clinic Mankato



Join this informative presentation about age-related hearing loss, what causes it, how it affects daily life and what options are available for different types of hearing loss. Learn about the latest hearing aid technology and other solutions that can help you stay connected and confident in conversations.

THE SCIENCE OF SOURDOUGH: LUNCH & LEARN @ MSU

- Friday, Feb. 20
- 11:30 am – 1 pm
- Emma Smith, MSU-Mankato Family & Consumer Science Professor & Students
- Cost: \$10, pre-registration is required by 2/16



In this hands-on class, participants will learn how sourdough works, how to start and care for a sourdough starter, and easy ways to bake with sourdough discard. Participants will make beginner-friendly recipes and leave with the confidence to keep baking sourdough at home.

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

COMPUTER UNIVERSITY: BASIC COMPUTING



- Monday, Feb. 23
- 5:30 – 7 pm
- Mankato Computer Technology

This beginner friendly class is designed for older adults who want to feel more confident using computers. No prior experience is required. We will start with the basics, turning a computer on, using the mouse and keyboard and understanding the desktop and gradually build toward everyday skills that make life easier.

WHAT IS A FIX-IT CLINIC?

- Thursday, Feb. 26
- 11 am – 12 pm
- Julie Dempster, Volunteer

Julie brings her dedication to skill-building and keeping things out of the landfill to the new free Fix-It Clinics in Mankato! Fix-It Clinics offer free, guided assistance from volunteers with repair skills to disassemble, troubleshoot and (hopefully) fix small household appliances, clothing, electronics and more. Fix-It Clinics teach valuable troubleshooting and basic repair skills, build community connections and reduce the number of repairable items that are thrown in the trash. See how you can get help with your broken stuff and learn or offer your own valuable repair skills.

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 - all equipment provided.

BINGO



Friday, Feb. 6: 12 – 1 pm

CRIBBAGE



Tuesdays: 1 – 3 pm

DEVINE SINGERS



Mondays: 1 – 2 pm

This chorus meets weekly to rehearse at VINE and performs in the community. New members are welcome. Call Peg (507) 327-4639 to learn more.

DUPLICATE BRIDGE



Mondays & Wednesdays: 1 – 4 pm

Call Raj (507) 351-0133 to join.

GET YOUR YARN ON



Wednesdays: 10 – 11:30 am

Bring your own craft and supplies.

MAHJONG



Mondays: 12:30 – 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.

Feb. 18: Book Club - read and discuss *Personal Librarian* by Marie Benedict and Victoria Christopher Murray.

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



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 with this writing group.

PING-PONG



Open play - all equipment provided.

Mondays & Wednesdays:

10:30 am – 12:30 pm

Fridays: 12:30 – 2:30 pm



SOCIAL BRIDGE



Thursdays: 2 – 4 pm

Call Arlyce (507) 317-0617 to join.

SPELLERS



Fridays: 10 – 11 am

Practice spelling for fun with peers.

VINE AFTERNOON CARDS



Fridays: 2 – 4 pm

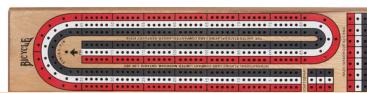
Play a different card or board game each week.

VINE STOMPERS



Wednesdays: 2:15 – 4 pm

This line dancing group practices at VINE and performs in the community. Call Deb (507) 381-9953 to join.



GUIDED BOOK READ: MOBY DICK



- Wednesday, Feb. 25
- 1 pm
- Tom Hagen

Moby Dick appears on nearly every list of great American novels, yet many readers never make it through on their own. This guided group read will move at a relaxed pace, helping participants navigate the book's rich language, big ideas and surprising humor together. You're welcome to join as we explore the wonder and depth of Melville's masterpiece. At this meeting, the group will be asked for their input on how often they'd like to meet.

BASIC BEGINNERS BRIDGE CLASS

- Thursdays, March 5 – April 2
- 10 am – 12 pm

Are you brand-new to bridge or just want to brush up on your basic skills? This class is for you! Learn the world's most popular card game. Free for VINE members or \$50 for non-members.

UKULELE LESSONS

- Fridays, March 13 – May 29
- Beginners: 11:30 am -12:30 pm
- Intermediates: 12:40-1:40 pm
- \$150 for members, \$200 for non-members

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

ART QUEST STUDIO

Tuesdays: 1 – 3 pmArt Guild with Open Studio
(Bring your own supplies)**Wednesdays: 1 – 3 pm**

Paint & Draw (supplies provided)

Class size limited to 15, please
pre-register.**Feb. 4, 11, 18 & 25:** Beginning
Sketching - Explore the basic
techniques of drawing through
progressive drawing exercises at
your own pace, no need to attend
every week.**Thursdays: 1 – 3 pm**Art For Everyone (supplies
provided)

Registration required

Feb. 5: Valentine Fun**S****Feb. 12 or 19:** Kandinsky: Making
Music with Paint (sign up for one)**Feb. 26:** Take home project

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 proceeds 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 through
March 5. VINE artists have been
capturing the beauty of the season.
Stop by to enjoy these creative
interpretations of winter's charm,
created by our talented members.SEASONAL WATERCOLOR
MINIS WORKSHOP

- Monday, Feb. 16
- 12 – 2 pm
- Caroline Porter, Watercolor
Artist
- \$25 fee for supplies



Discover the joy of painting
miniature masterpieces as Caroline
guides you through a variety of
watercolor techniques and you
create two mini works of art, each
measuring about 2.5x3 inches. Clip
frames are included. You'll explore
two themes: Lavender & Ink and
Northern Lights. Using iridescent
watercolor paints, your Northern
Lights piece will shimmer in the
light. Perfect for all skill levels.

THANKS TO OUR NEWSLETTER SPONSORS!

The View from VINE newsletter now has sponsors!
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SynergyHomeCare.com

HEALTH & WELLNESS

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

2/5: Bluff Park

2/12: Rasmussen Woods

2/19: Sakatah Trail at Wickersham
(park off Hwy 22)

2/26: Red Jacket Trail-Pond Side



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, Feb. 10
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.

CARDIAC REHAB GROUP

- Tuesday, Feb. 17
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, Feb. 19
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

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.

EAR CLEANING & HEARING ASSESSMENTS

- Tuesday, Feb. 24
9 am – 12 pm & 12:30 – 2:30 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.

VINE INDOOR HIKING CLUB: GLACIER NATIONAL PARK



- Feb. 2 – March 14

The Hiking Club is back! Explore and hike the Glacier National Park over 6 weeks. Join our walking challenge and earn trail credits as you hit the track, enjoying scenic photos and fun facts about Glacier National Park. Discover the beauty of this Montana treasure while staying active. Sign up at the front desk, check in at the kiosk by selecting Glacier National Park: Walking Track and when you complete the journey, you could be eligible for a prize.

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:



DIABETES PREVENTION PROGRAM (DPP)

- Tuesdays starting March 3
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

- Tuesday, Feb. 17
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.

WALK WITH EASE

- Mondays, Wednesdays & Fridays
Feb. 2 – March 13
11:30 am – 12:30 pm

Want to reduce pain, improve your health and be more active? Join Walk with Ease, a free program from the Arthritis Foundation proven to reduce pain while improving your overall health. This 6-week walking program provides education, motivation and tips to safely make walking part of your everyday life.



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, Jen Wunderlich! She holds a master's in Exercise Physiology from MSU-Mankato and specializes in supporting individuals with chronic conditions and joint replacements through fun, balanced and effective workouts.

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

Questions? Contact Jen at jew@vinevolunteers.org or (507) 386-5588



Jen
Wunderlich



MEMBER HIGHLIGHT

Kim Anderson has been a valued member of VINE since 2016 and during that time, he's become a familiar and friendly face around the center. Kim has lived in Mankato for most of his life, though in his younger years he spent some time out west before eventually returning to the community he calls home. He first joined VINE after hearing positive recommendations from friends and the affordability made it an easy decision to give it a try.

Before retirement, Kim enjoyed staying active through downhill skiing and fast-pitch softball. That love for the outdoors hasn't slowed down. Kim is still an avid outdoorsman who spends plenty of time fishing and hunting. One of his favorite things is sharing those experiences with loved ones, whether it's taking family and friends out on the lake to fish or heading into the duck blind.

For Kim, VINE is a special place. He appreciates the camaraderie, the opportunity to meet new people and the wide variety of classes available. Recently, he discovered a new passion through VINE: rock art. What started as a class has quickly turned into a hobby.

For anyone considering joining VINE, Kim has simple advice, "Just do it. VINE is great! They have it all - anything you want, great classes, great instructors and a great new building!"

HEALTH & WELLNESS

FREE FITNESS ASSESSMENT

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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

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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.



Shannon Ledin

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

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- 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

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- 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!



GATHER

All are
WELCOME

**Wednesdays 10:30 am - 1:00 pm
Socialization, Lunch & More**

**Messiah Lutheran Church
1706 Lee Blvd.
North Mankato
507-387-5537**

**No reservation needed
Just stop in to enjoy time with new and old friends**

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 2/27)

FRIDAY FAMILY FUN

Feb. 27, 5 – 6:30 pm, \$5 per guest (2 minors per member) Register for intergenerational open swim held monthly. No lap swimming.

Saturdays

8:45 – 9:30 am (no lap swimming)

10:15 am – 12:45 pm (no lap swimming)

P

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

Saturdays

9:30 – 10:15 am: Rotating class
2/7: Aqua 2
2/14: Aqua 2
2/21: Aqua Barre
2/28: Aqua Yoga



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.

HEALTH & WELLNESS

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
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

2/7: PiYo
2/14: Move it More
2/21: Yogalates
2/28: Stretch & Flex

P

GROUP EXERCISE CLASS DESCRIPTIONS

 STRENGTH

 CARDIO

 BALANCE & RELAXATION



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



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.



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 for a video tutorial. Sometimes our schedule may change and VINE will notify registered members of changes.

MEMBER REMINDER

Please refrain from using strongly scented lotions, oils or perfumes before attending fitness activities in the building. Thank you.

COMMUNITY PARTNER SURVEY

Nicollet County Health and Human Services is seeking input from older adults through a brief, anonymous survey on cannabis use and perceptions. The information gathered will support future public health education and outreach. Those interested in sharing their perspective can learn more and participate online at <https://arcg.is/0jSnjz0> or by using the QR code.

**TIMELESS WELLNESS:
PILATES**

- Friday, Feb. 27
1 – 2 pm

Improve your posture and body awareness through the principles of Pilates. Learn about proper alignment, ways to improve your posture and gain core strength.

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

**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

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 (2/6 & 2/20)

Saturdays

10:30 – 11:15 am: Rotating classes
2/7: Yoga for Health
2/14: Chair Yoga
2/21: Yoga for Health
2/28: 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, March 16 – May 6
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.

GIVING BACK

VINE MEMORIALS

VINE gratefully acknowledges contributions received in November in honor of Nancy, Larry and Tom Corrow, Ron Poole, Donna Rausch, Roger Risser 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.

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 10 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.



A Tradition of Trust in Our Community Since 1893.

For generations, neighbors have turned to our attorneys for knowledgeable, personal guidance in every stage of life and business.

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Estate Planning GRATIFICATION

It's always the right time to consider estate planning. Proper estate planning can save money, time, and heartache. Farrish Johnson attorneys can help with wills, trusts, tax laws, probate, health care directives, and more.



CEO CORNER UPDATE

February is American Heart Month and this year it feels especially fitting as we highlight the many ways VINE supports heart health every day. Our February cover story shares Pat's journey, a powerful reminder that heart health is not about perfection but about taking consistent, manageable steps and having the right support along the way.

At our July Cardio Studio ribbon cutting, Chip Gay from Mayo Clinic Health System Cardiac Rehab spoke about the importance of combining cardio exercise and strength training to support a healthy heart. His message resonated deeply: small changes, done consistently, can lead to meaningful and lasting impact.

Movement is only part of the picture. Connection matters, too. Our Cardiac Rehab support group offers a safe, welcoming space to meet others who have experienced cardiac events and truly understand what recovery can look and feel like. That shared understanding, encouragement, and sense of belonging is a vital part of healing and long-term heart health.

As you read this month's cover story, I encourage you to think about one heart-healthy habit you might activate in February. Maybe it's moving a little more, joining a class or the cardiac support group, reaching out for connection, or simply being more intentional about caring for yourself. Small steps really do add up.

Your heart is worth it.

– Melinda Wedzina, VINE CEO

TRAVEL WITH VINE & COLLETTE

Ready for an adventure? We'll take care of the planning, 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.

Italian Vistas: April 19 – May 1, 2027

From the ancient ruins of Pompeii to the chic charm of the Isle of Capri, embark on a spectacular Italian getaway. Delve deeper into its history and culture as you visit some of the world's most beautiful locales.

Alaska Land & Cruise: August, 2027

Traverse the Pacific coast by land and sea aboard one of Holland America Cruise Lines' lovely ships on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia. This is Alaska as you always imagined.

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

TRAVEL WITH VINE & COLLETTE: 2027 ADVENTURES

- Thursday, Feb. 12
- 2:30 – 3:30 pm
- Katie Ganshert, Collette Travel

Dreaming of travel? Join us for a look at the trips planned for 2027! Whether you've always wanted to travel or you're a seasoned explorer, Katie will inspire wanderlust. Enjoy the ease of traveling with Collette, transportation to and from the airport, expertly curated group itineraries and unforgettable experiences. Imagine exploring classic Italian vistas, crossing Africa off your bucket list or taking in Alaska's breathtaking beauty.

Register at vinevolunteers.org.



Deb Schuette

Thank
You

VOLUNTEER SPOTLIGHT

Deb's volunteer journey at VINE is rooted in a lifelong belief in giving back. For the past two years, she has served as a Stepping On class facilitator, helping others build strength, confidence and independence. She has also supported VINE's art programs for four years and last year, led the biking group bringing movement, creativity and connection into everything she does.

Her commitment to service is deeply personal. After a cancer diagnosis nearly two decades ago, Deb participated in clinical trials made possible by others who chose to give back. Now a thriving 19-year survivor, she honors that gift by investing her time and energy into VINE. She values that VINE encourages members to try new things, discover what fits and realize the endless possibilities.

After a double knee replacement in 2024, Deb unexpectedly rediscovered her love of biking. In 2025, that passion turned into VINE's biking group. Today, she's building friendships on local trails and in classes ranging from art and education to fitness, yoga and aquatics. Deb believes staying physically active, mentally engaged and socially connected is essential and VINE makes it possible. Her advice to future volunteers, "If you have a passion, talk to VINE and see how you can pursue it and make friends along the way."



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	<ul style="list-style-type: none"> Lifestyle & Educational Presentations Card Games Social & Recreational Groups Ping Pong Art Classes Members Nook 	<p>Amenities of Social level plus:</p> <ul style="list-style-type: none"> Indoor Walking Track Cardio Studio Billiards Trekking Discount on Group Fitness Classes <p><i>Qualifies for most insurance reimbursement programs; making membership free.</i></p>	<p>Amenities of Social & Basic levels plus:</p> <ul style="list-style-type: none"> Full-Service Fitness Center Warm Water Exercise Pool Free Fitness Assessment Group Fitness classes <p><i>May qualify for reduced rate with insurance reimbursement programs.</i></p>	



OPEN:

Tuesday – Saturday
10 am – 6 pm

77 Star Street, Mankato

(507) 387-2699

vinestore.org

Share the love this February with the VINE Home Thrift Store! Whether you're showing heart for the community by donating gently used furniture, décor or household items or you're falling in LOVE with something "new-to-you" for your home, you'll find plenty to smile about here. It's also a great time to start clearing out and freshening up your space before spring arrives.



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.

