

VINE

Adult Community Center

MEMBERSHIP LEVELS

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

SOCIAL

- Educational Programs
- Social Groups

FITNESS BASIC

Social plus:

- Walking Track
- Cardio Studio
- Billiards Room

FITNESS PREMIUM

Social & Fitness Basic plus:

- Fitness Center
- Pool
- Exercise Classes

The VINE Adult Community

Center (VACC) is open

Monday - Friday:

6 am - 7 pm

Saturday: 8 am - 2 pm

VINE will be **closed**
May 25 for Memorial
Day.



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

CHAMPIONING OLDER ADULT'S WELLNESS

May is Mental Health Awareness Month and Older Americans Month, two observances that remind us to care for our whole selves. This year's theme for Older Americans Month is "Champion Your Health," encouraging adults to take charge of wellness through prevention, self-care and community connection.

At VINE, we see those principles in motion every day. Members inspire us with their curiosity and energy. Championing your health isn't about perfection, it's about choosing habits and perspectives that help you feel your best. Whether you're trying a new fitness class, volunteering your time or sharing a laugh over coffee, every positive choice contributes to mental and physical well-being.

When we talk about mental health, it's easy to focus on challenges, but true wellness is built on strengths like resilience and connection. Staying active, engaged and socially connected has a profound impact on emotional well-being. Every walk on the track, every art class and every conversation with a friend helps us strengthen not just our bodies, but our outlook on life.

This month, we're exploring how creativity and storytelling can foster understanding and healing. On May 8, VINE will host a virtual performance of *Dementia Man: An Existential Journey*. In this powerful piece, Samuel Simon brings audiences inside the experience of cognitive decline, offering a deeply human perspective on memory and identity. By sharing performances like this, VINE continues to support those affected by dementia and their caregivers. Art opens the door to meaningful conversation, reminding us that compassion is one of the most powerful forms of care.



In addition to educational programs, VINE offers PEARLS, the Program to Encourage Active, Rewarding Lives, for adults aged 60 and older who may be experiencing symptoms of depression. Through one-on-one sessions with a trained coach, participants learn problem-solving and behavioral strategies that build confidence and help make meaningful changes in daily life.

Many participants focus on life transitions, health changes or feelings of isolation. PEARLS helps them rediscover motivation and joy. One participant shared, "Before PEARLS, I was feeling a lack of direction in my life. Each session helped me focus and work on goals in small steps." Others describe renewed energy and optimism: "Having PEARLS has really helped me with my depression. I have so much more energy and focus now. Life has become more interesting." Many participants also find that PEARLS inspires them to see life from a new perspective and take small, meaningful steps toward lasting change.

The PEARLS approach emphasizes action, encouraging individuals to stay socially and physically active and engage. To learn more about PEARLS, contact Mary at maryw@vinevolunteers.org or (507) 386-5577.

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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 appointments, stores, pharmacies, etc.
- meals delivered to your home
- yard work and lawn mowing
- 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 weekday noon meal to individuals in Mankato, North Mankato, Skyline, Le Hillier and Eagle Lake who have difficulty preparing meals on their own. In addition to a healthy lunch, recipients receive a friendly visit and daily safety check.

Meals are \$5.50 and billed monthly (automatic withdrawal available). Orders and cancellations must be made by 1 pm the day prior.

To learn more or sign up, call (507) 387-4076 or visit vinevolunteers.org.

Proud Partner Agency



Greater Mankato Area
United Way

(continued from cover)

Older Americans Month honors the spirit and contributions of older adults. During the month of May, watch for fun surprises in the front lobby as we honor the incredible energy of our members.



Championing your health might mean joining a new class, taking time for reflection or reaching out for support. It's about finding what keeps you balanced and fulfilled. At VINE, we're proud to offer a space where older adults can move, learn, connect and thrive together.

This May, and all year long, champion your health at VINE by staying active, keeping your mind engaged and connecting with others.



CAREGIVER CONSULTING

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 be overwhelming. Through VINE, caregivers can find resources and compassionate support. Our Caregiver Consultants are available to meet with you 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.

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.

Groups are limited to 10 participants. Please choose 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 you've registered for, please call to cancel.

Should you need more support in a given month, we encourage you to request Caregiver Consulting.

Mankato Support Groups

VINE Adult Community Center

- 1st Tuesday of the month
May 5, 10 – 11 am
- 2nd Wednesday of the month
May 13, 1 – 2:30 pm
- 3rd Wednesday of the month
May 20, 5:15 – 6:30 pm
- 3rd Thursday of the month
May 21, 3 – 4:15 pm

Services supported in part by:



MENTAL HEALTH CARE

Depression is more common than many realize. Often, it's connected to the challenges of daily life, health concerns, changes in relationships, financial stress, loss or major life transitions. When problems build up and go unaddressed, they can begin to feel overwhelming. A depressed mood can be a signal that something in our lives needs attention. It's not a sign of weakness.

The good news is there are practical skills we can learn to better manage life's challenges. By strengthening problem-solving skills, we can address concerns step by step, reduce stress and improve our overall mood. When we feel more equipped to handle difficulties as they arise, we are less likely to become stuck in depression and more likely to regain a sense of control.

The PEARLS Program is an evidence-based approach designed to help adults age 60+ who are experiencing symptoms of depression. PEARLS supports individuals in building practical skills, setting meaningful goals and creating positive changes in their daily lives.

This program is for Blue Earth, Nicollet and Le Sueur Counties residents. Appointments can be held at VINE or virtually with Mary Wichtendahl. To learn more, contact Mary at (507) 386-5577 or maryw@vinevolunteers.org.

Services supported in part by:



NEED HELP WITH CHORES?

VINE has a handyman who can help with minor home repairs. Do you have something broken or unusable in your home that needs some attention? Or something that you have been meaning to do but haven't done yet? VINE can help 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.

YARDWORK HELPERS NEEDED

We are looking for individuals or groups who would be able to assist with yard work this spring and summer. Hours are flexible and you'll be accompanied by our Chore Coordinator, Jim. Call Keri at (507) 386-5571 for more information.

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:



UPCOMING CHANGES TO TRUE TRANSIT FARES

VINE's public transportation program, TRUE Transit, provides

safe, reliable dial-a-ride service throughout Blue Earth, Le Sueur and Nicollet Counties, Monday–Friday from 8 am to 5 pm. Open to everyone, TRUE Transit's buses are accessible with mobility lifts, getting you where you need to go comfortably and conveniently.

Beginning Monday, June 1, 2026, TRUE Transit will move to a new tiered fare structure to help sustain and strengthen our service.

New fare rates:

- In-town rides: \$4
- Less than 10 miles: \$6
- 10–19 miles: \$8
- 20+ miles: \$10

Reservations will continue to be required one business day in advance and can be made online at truetransit.org or by calling (507) 388-8783.



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.

FIVE WISHES LIVING WILL/ ADVANCE DIRECTIVE

Five Wishes is a simple form that helps you outline your preferences if you're unable to speak for yourself. It covers who can make decisions on your behalf, the medical care you do or don't want, and your personal, emotional and spiritual wishes. Copies are available at VINE for \$5.

EDUCATIONAL PRESENTATIONS

Unless otherwise noted, all presentations take place at the VINE Adult Community Center. Programs are free for members and \$5 for non-members. Registration is **required** at (507) 387-16666 or vinevolunteers.org.

S

MANKATO SYMPHONY ORCHESTRA (MSO): "AMERICAN HEARTBEAT"

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



Enjoy a performance by the MSO string quartet as they honor our nation's legacy through the powerful sounds that have helped define us. This special program offers a heartfelt musical tribute to the traditions and spirit that shape our shared American experience.

DEMENTIA FRIENDS

- Tuesday, May 5
- 11 am – 12 pm
- Kim Alinder & Geri Svaleson, Dementia Friends



Kim and Geri will share their knowledge and experience to help our community better understand dementia and support those living with it. Dementia Friends Minnesota is part of a global movement that aims to change the way we think, act and talk about dementia. Through friendly conversation and practical information, they will help you recognize how dementia affects people and learn simple ways to make a positive difference.

TREE OF LIFE WITH MANKATO MAKERSPACE

- Wednesday, May 6
- 4 – 6 pm
- Shayna Swiers, Makerspace Artist
- Cost: \$45 for VINE members
Pre-registration required



Create a meaningful Tree of Life pendant in this beginner-friendly jewelry class. Learn basic wire wrapping as you craft a unique copper and stone piece symbolizing strength, growth, and connection. Whether honoring someone special or reflecting your own journey, you'll leave with a beautiful, handcrafted keepsake.

WRITING WORKSHOP: CLASSIC POEMS

- Thursday, May 7
- 10:30 am – 12 pm
- Jana Bouma, Southern MN Poets Society



Join writer Jana for an inspiring session exploring classic poems by the masters. Together, you'll discuss what makes these works timeless, then try your hand at a guided writing prompt to spark your own creativity. All writing levels are welcome.

DEMENTIA MAN: VIRTUAL PERFORMANCE & DISCUSSION

- Friday, May 8
- 1 – 3 pm
- Sam Simon, Writer & Performer

Join us for a moving virtual event with Sam, of the award-winning one-man show, *Dementia Man: An Existential Journey*, featured in the Washington Post. Diagnosed with

early-stage Alzheimer's in 2021, Sam has turned his experience into powerful advocacy using theater to challenge stereotypes and reshape how we view cognitive decline. His autobiographical play explores humor, heartbreak and hope through an honest lens. Via Zoom, we will watch Sam perform *Dementia Man* live, followed by a guided discussion with Sam and his wife, Susan Simon, as they share their insights on navigating life and love with neurocognitive disease.

THE HUMOR & WISDOM OF SOUTHERN MINNESOTANS

- Tuesday, May 12
- 11 am – 12 pm
- David Morano, Documentary Photographer



Documentary photographer, David Morano brings rural stories to life through powerful portraits and firsthand accounts. Meet unforgettable characters, from a high-heeled lawn mower to a former B-17 gunner, and hear the surprising lessons they share. David will also offer behind-the-scenes insights into how these chance encounters became compelling photographs and stories.

THE AMAZING LIFE & TIMES OF GLENN MILLER

- Wednesday, May 13
- 11 am – 12 pm
- John Grabko, Historic Adventure & Travel Tours

Step back into the Swing Era and discover the story of Glenn Miller, the legendary Big Band leader whose music defined a generation.

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Explore his early life, rise to fame and unforgettable hits like “Chattanooga Choo Choo” and “Moonlight Serenade.” Learn how his talent and leadership carried into the war years, where Major Glenn Miller’s life and music left a mark on American history.

THE ART & ARCHITECTURE OF VENICE

- Thursday, May 14
- 11 am – 12 pm
- Bill Bukowski, Bethany Lutheran College Professor Emeritus

Join Bill for a fascinating look at the art and architecture of Venice, Italy, one of the world’s most unique and beautiful cities. Once a great center of the Renaissance, Venice has preserved much of its remarkable history and charm. This engaging talk is perfect for both armchair travelers and seasoned explorers alike.

VIETNAM & CAMBODIA: CULTURAL ASPECTS

- Friday, May 15
- 11 am – 12 pm
- Linda Good & Karen Willyard, World Travelers



Continue the journey with Linda and Karen as they dive into the colorful artistry of Vietnam and Cambodia. From delicate embroidery and shimmering lacquer work to iconic conical hats, cultured pearls and silk weaving, each craft tells a story of tradition and skill. Step inside an incense factory once featured in National Geographic and experience the magic of the

region’s performing arts, from lively folk dances and graceful Apsara performances to the playful wonder of water puppetry and shadow puppetry.

VIRTUAL @ VINE: ASIAN AMERICAN ARTISTS

- Monday, May 18
- 2 – 3 pm
- Smithsonian American Art Museum

Asian American artists play a vital role in shaping the rich and diverse story of American art. In this live, virtual presentation from the Smithsonian American Art Museum, explore their creative works and discover how personal experiences, historical events and cultural traditions inspire and influence their artistry.

COMPUTER UNIVERSITY: GOOGLE APPS

- Monday, May 18
- 5:30 – 7 pm
- Mankato Computer Technology



Learn how to use Google Drive and its popular tools, Docs, Sheets, Slides and more, in this introductory class. Discover how to organize files, share documents and collaborate easily through Google Workspace.

THE WORLD OF AVIATION

- Tuesday, May 19
- 11 am – 12 pm
- Willy Mekeel, MSU-Mankato Aviation Professor

MSU-Mankato’s Aviation program leads the industry in providing future flight professionals top-quality

instruction. It’s the only four-year, accredited aviation program in the state. Hear what is going on in the education of our future flyers and the aviation industry.

END OF LIFE CREATIVE EXPRESSION

- Tuesday, May 26
- 11 am – 12 pm
- Darla Makela & Karyn Block, End of Life Doulas

A gentle, creative workshop for remembering, honoring and expressing what matters. This class is for anyone who is grieving, anticipating loss or wanting to explore legacy in a meaningful, hands-on way. Together, we’ll use simple creative practices, like memory jars, legacy writing, symbolic art and reflection, to honor love and memory. No artistic experience needed. You are welcome exactly as you are. This is a space for tenderness, creativity and presence.

VINE DINING: LEGENDS BAR & GRILL

- Wednesday, May 27
- 11 am – 12 pm
- Meet at Legends, 1910 Premier Drive, Mankato



Join us for lunch at Legends, where locally inspired dishes, a welcoming atmosphere and occasional live music create a memorable dining experience. Enjoy great food, good company and the charm of one of Mankato’s newest dining spots. Food and beverages can be purchased separately.

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

PLAY & SOCIALIZE

GAMES & GROUPS



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

500



Wednesdays: 9:30 – 11:30 am

BILLIARDS



Open during building hours - all equipment provided.

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.

May 20: Game Night - Pokeno. Bring a wrapped \$10 prize to play.

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.

SOAK UP THE SUNSHINE!



The patio outside the 2nd floor Member Retreat is now open and is the perfect spot to relax with friends and soak up some sunshine.

FRENCH CONVERSATION CIRCLE



Interested in practicing your French? If you're passionate about the French language and culture, let's connect! We are gathering a group to explore ideas for a French conversation circle. Share thoughts on regions, books, food and more, all while enjoying casual conversation en français.

If you'd like to join in or help shape the group, contact Kellian Clink at (507) 400-4391.

CRAFT TALK & GUIDED WRITING WORKSHOP: REVISIONS & SUSTAINING ENERGY



- Thursday, May 14
3 – 4:30 pm

- Adelia Gregory, Author

Adelia is returning to lead a workshop on the art of revision, seeing your work with new eyes. A first draft captures your "first instinct," an initial impulse drawn from memory, reflection or imagination. In this session, Adelia will help participants tap into their "second instinct," a more deliberate and refined approach that deepens the writing through thoughtful revision. Those who joined Adelia's earlier workshop on point of view are encouraged to revise their previous exercises, while new participants can bring another piece of writing. Adelia will also introduce the three main stages of revision, local, regional and global and help apply these techniques to keep the creative energy alive.

Free and open to the public, thanks to a grant from the MN State Arts Board and National Endowment for the Arts.

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 24, please
pre-register.

This May, Art Quest invites you on a journey into the art of portraiture! Each week, we'll focus on a different feature that brings faces to life—starting with the emotions expressed through the eyes, then exploring the many shapes of noses and finally studying mouths and their range of expressions. In our final session, we'll bring all these elements together to create unique, expressive portraits that celebrate individuality and the joy of artistic discovery.

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

May 7 or 14: Soft Pastels:
Landscapes (sign up for one)

May 21 or 28: Oil Pastels:
Waterlilies (sign up for one)



GALLERIES

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

2nd Floor Gallery

Rotating display of Wednesday Art Quest works.

5th Floor Gallery

Let your creativity shine in this year's VINE Membership Art Show! Any medium, any subject, pieces don't need to be created in a class. Open to all VINE members, the show runs **May 14 – July 15**.

Bring your artwork to the 5th Floor Coffee Area May 6 & 7, 1–3 pm. Each submission should include a title, artist's name, medium and price or "NFS." All hanging pieces must have flexible gallery wire for display. For more information, email LynnTimercallahan@gmail.com or palette.bertrand@yahoo.com.

CALLING ALL ARTISTS!

- Friday, May 8, 10 am
- Attention artists, crafters, bakers, and makers! Our Holiday Sale is coming up this November and December and we're looking for creative vendors to join. Help us plan for the 2026 event, share ideas for best sellers and learn everything you need to know about becoming a vendor. Exciting news for 2026, we can now include food items!

Spring into Peace of Mind with Synergy HomeCare

Synergy HomeCare helps your loved ones stay safe, comfortable, and independent at home. Our compassionate caregivers provide personalized support—from companionship and daily assistance to 24/7 care.

No contractual minimums • Care from 1 hour to 24/7

Want to Join Our Team?
(507)769-0828

<https://synergyhomecare.com/mn-mankato-56001/careers/>

FREE CONSULTS (507)769-0828

GATHER

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

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

5/7: Sakatah Trail, Eagle Lake (County Rd 3 to 86)

5/14: Rasmussen Woods

5/21: Indian Lake

5/28: 7 Mile Creek Park (meet at last parking lot)



BIKING GROUP



Explore local trails with VINE's biking group. Meet in the designated parking lot and wear a helmet. Rides are canceled if the temperature drops below 50°F.

Tuesdays, 10 – 11 am

5/5: Sakatah Trail (parking lot off HWY 22 opposite Wickersham Campus)

5/12: Sibley Park Bandshell

5/19: Minnemishinona Falls, Rockford Road

5/26: Elysian Visitor Center



WALK WITH A DOC

- Tuesday, May 12
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, May 19
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, May 21
2 – 3 pm (meet at Picklebarn)
- Free for VINE members

Learn how to play pickleball and get a tour of the Picklebarn. 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

Register to play by calling the Picklebarn at (507) 304-7173.

DEMENTIA FRIENDLY FITNESS



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

Exercise can benefit both individuals living with dementia and their caregivers. Regular movement may help improve sleep, reduce stress, boost mood and slow cognitive decline while supporting independence with daily activities.

This supportive class is designed for individuals with cognitive impairment and their caregiver. The workout focuses on strength, flexibility and endurance in a welcoming, low-pressure environment. Exercises can be done seated and modified for all ability levels, making it accessible for everyone.

To register or learn more, call Jen at (507) 386-5588.

VINE will be **closing at 4:30 pm** on **May 4** & **reopening at 9 am** on **May 5** for a water main repair.

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)**

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. Free & open to the public. Contact Jen for upcoming sessions.

NEXT STEP: KNEE RECOVERY

- Tuesdays & Thursdays,
May 19 – July 2
4 – 5 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.

RESEARCH PARTICIPANTS NEEDED

Doctoral researcher, Luke Gietzen, is recruiting participants for a study on age-related microaggressions. Focus groups last 60–90 minutes and may be held in person or Zoom. For more information, contact luke.j.gietzen@UND.edu or 701-200-1805.

VINE MEMBER APPRECIATION

In celebration of Older Americans Month, we're saying thank you to our amazing members with a month full of tasty treats! Stop by the front lobby on these special days to enjoy a little something on us:

- Tuesday, **May 5:** 1–5 pm
Chips & Salsa
It's nacho average appreciation!
- Monday, **May 11:** 7–11 am
Yogurt Bar
Start your day the berry best way!
- Wednesday, **May 20:** 1–5 pm
Lemonade & Cookies
When life gives us lemons... we celebrate our members!
- Thursday, **May 28:** 7–11 am
Bananas from Kwik Trip
We're bananas about our members!

Thank you for being an important part of the VINE community. We appreciate you all month long!

TIMELESS WELLNESS: OUTDOOR ADVENTURE

- Thursday, May 28
1 – 2 pm

Like being outdoors? Nature is the ultimate gym. This presentation explores how finding hobbies like agate hunting, foraging and shed hunting provide a low-impact, full-body workout. Explore how activities like navigating uneven terrain, squatting and hiking help build balance and endurance, all while keeping the mind active and engaged in a rewarding outdoor experience.

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



Sue Lake

MEMBER HIGHLIGHT

Meet Sue Lake, a valued member of the VINE Adult Community Center since 2022. She joined VINE as she began preparing for retirement, hoping to build lasting friendships, and she's done exactly that. Known for being unapologetically herself, Sue brings a genuine, down-to-earth presence that helps make VINE a welcoming place.

Sue regularly participates in yoga, guided meditation, aqua classes and educational presentations, activities that help her stay grounded and support her physical, emotional and mental well-being. She also takes part in focus groups and volunteers with the MSU-Mankato nursing simulator.

One of Sue's favorite memories at VINE is her very first day, when she was struck by how friendly and welcoming everyone was. That sense of belonging continues to shape her experience.

Outside of VINE, Sue enjoys baking, cooking and weaving. She also has a background in technical theatre, something that often surprises people.

Whether she's enjoying French onion soup, sipping coffee, admiring the color purple or taking in a crisp late fall day, Sue finds joy in life's simple moments, especially when shared with her friends at VINE.

HEALTH & WELLNESS

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.



THANKS TO OUR NEWSLETTER SPONSORS!

The View from VINE newsletter is made possible thanks to the generous support of our sponsors.

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INSURANCE AGENCY
MANKATO • MAPLETON • LAKE CRYSTAL

Legacy Planning for the Life You're Building.

GISLASON & HUNTER LLP
ATTORNEYS AT LAW

Mankato | New Ulm

507-354-3111 | gislason.com

ACT Mankato & North Mankato

DEMENTIA RESEARCH SUMMIT
Discover your impact in advancing brain health.

Tuesday, October 20, 2026
8am-4pm

MAYO CLINIC HEALTH SYSTEM
EVENT CENTER
1 CIVIC CENTER PLAZA, MANKATO, MN

Featuring
Mayo Clinic Alzheimer's Disease Research Center Guest Speakers -
Dr. Ryan Coburn, Neurologist &
Angela Lunde, MA, Associate in Neurology

Hear from experts about the latest findings in dementia research.
Learn about clinical trials and observational studies.
Discover how you can make a difference.

Register today at katoactonalz.org

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LOCAL SENIOR LIVING ADVISOR
NO COST SENIOR LIVING PLACEMENT

O: 952-300-3180 C: 507-469-8241

SERVING THE FOLLOWING COUNTIES:
BLUE EARTH, NICOLLET, SCOTT, BROWN, & LE SUER

At Assisted Living Locators, our experienced team helps families navigate the often overwhelming process of finding senior care. We offer personalized, hands-on support to match seniors with the right independent living, assisted living, memory care - all based on their unique care needs, budget, and location.

Beyond placement, we provide access to trusted local resources including: elder law attorneys, Realtors and senior move managers, home care and hospice providers, financial planners and loan options, VA and Medicaid guidance. All part of our process.

Our services are completely free to families. We're here to guide, support, and advocate - every step of the way.

Jessica Tietema, CSA, RE
O: 952-300-3180 C: 507-469-8241
E: JessicaT@assistedlivinglocators.com

PERSONAL TRAINING



Have you fallen out of your workout routine, hit a plateau or feel like you need a change? Maybe you're managing a chronic condition and would benefit from some extra guidance. Whatever your goals, VINE's Certified Personal Trainers (CPTs) are here to help.

Personal training offers one-on-one support and supervision, with workouts designed specifically for your goals, abilities and health. Your trainer will create a personalized program tailored to you, whether you prefer land-based or water exercise, helping you build strength, improve mobility and feel more confident.

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.

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. Men's, women's and family locker rooms are available. Help us keep our pool clean by showering with soap before entering the pool.

OPEN SWIM TIMES

(one lap swimmer at a time)

Mondays

6 – 9:30 am
1 – 2 pm
3 – 6:30 pm *(pool closing at 4 pm on 5/4)*

Tuesdays

12 – 1 pm
3:45 – 5:30 pm

Wednesdays

6 – 9:30 am
5 – 6:30 pm

Thursdays

12 – 1 pm
3:45 – 6:30 pm

Fridays

6 – 9:30 am
5 – 6:30 pm *(excludes 5/29)*

Saturdays

(no lap swimming on Saturdays)

8:45 – 9:30 am
10:15 am – 12:45 pm



FRIDAY FAMILY FUN



- Friday, May 29
5 – 6:30 pm
- \$5 per guest (2 minors per member)

Bring your grandkids to VINE for open swim! Register for intergenerational open swim held monthly in the VINE pool.

Register for aqua classes & lap swim at vinevolunteers.org or call (507) 387-1666. Class sizes are limited. Please cancel if you can't attend.

AQUA CLASSES

(registration required)

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 *(no class 5/5)*
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
5/2: Aqua 3
5/9: Aqua Kickboxing
5/16: Aqua Barre
5/23: Aqua Yoga
5/30: Aqua 2



LAP SWIM

(registration required)

Mondays

11:30 am – 12:15 pm
12:15 – 1 pm

Tuesdays

7 – 8 am *(no lap swim 5/5)*

Wednesdays

11:30 am – 12:15 pm
12:15 – 1 pm

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.

GROUP EXERCISE CLASSES IN THE GATHERING ROOM

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

Mondays

6:15 - 7 am: Total Body Strength
 8:15 - 9:15 am: Move it More
 10:15 - 11:15 am: Combo Fit
 1 - 1:45 pm: Parkinson's Powerful Principles
 2 - 2:45 pm: Picklebands
 5:30 - 6:15 pm: Boot Camp (no class 5/4)

Tuesdays

8:30 - 9:15 am: Stretch & Flex (no class 5/5)
 9:30 - 10:15 am: Zumba® (no class 5/26)
 10:30 - 11:15 am: Barre
 11:30 am - 12 pm: Kickboxing
 1 - 2 pm: Forever Fit

Wednesdays

6:15 - 7 am: Total Body Strength
 8:15 - 9:15 am: Move it More
 10:15 - 11:15 am: Combo Fit
 4:30 - 5:15 pm: Zumba® (no class 5/20)

Thursdays

8:30 - 9:15 am: Roll & Restore
 9:30 - 10:15 am: Zumba® (no class 5/21)
 10:30 - 11:15 am: Pilates
 11:30 am - 12 pm: Strike Strong
 1 - 2 pm: Forever Fit
 1 - 1:45 pm: Parkinson's Powerful Principles

Fridays

6:15 - 7 am: Circuit Craze
 8:15 - 9:15 am: Move it More
 10:15 - 11:15 am: Combo Fit

Saturdays

8:30 - 9:15 am: Rotating Class
 5/2: Boot Camp
 5/9: Strike Strong
 5/16: Pilates
 5/23: Stretch & Flex
 5/30: Move It More



GROUP EXERCISE CLASS DESCRIPTIONS



STRENGTH



CARDIO



BALANCE & RELAXATION



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



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*



Picklebands uses resistance bands to strengthen your muscles & prevent injury while listening to your favorite bands. *Level 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® 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.

REGISTRATION REMINDER

Registering for and canceling group fitness classes is important. If you are unsure of how to, please ask for assistance at the front desk or visit our website for a video tutorial. Sometimes our schedule changes and VINE will notify registered members of changes.

MEMBER REMINDER

Please refrain from using strongly scented lotions or perfumes before attending fitness activities at VINE.

TAI CHI FOR ARTHRITIS & FALLS PREVENTION II



- Mondays & Wednesdays, May 11 – June 3
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. Must have taken Tai Chi I. Call (507) 386-5588 to learn more or register. Free for Premium members, \$30 Basic, Social or non-members.

PRIVATE PILATES SESSIONS



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

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

Questions? Call (507) 386-5588.

PEACEFUL MOVEMENT ROOM CLASSES



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

Mondays

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

Tuesdays

8:15 – 8:45 am: Guided Meditation
(no class 5/5)

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
2 – 2:45 pm: Yogalates

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 **new every week now! No class 5/22*

Saturdays

10:30 – 11:15 am: Rotating classes
5/2: Yoga for Health
5/9: Yoga for Health
5/16: Restorative Yoga
5/23: Yoga for Health
5/30: Chair Yoga



Shannon Ledin



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*



GIVING BACK

VINE MEMORIALS

VINE gratefully acknowledges contributions received in March in honor of Judy Ebeling, Earl Gildemeister, Dan Scheurer, Mary Topp and Margo Wheeler.

Memorial funds are used to help older adults in the Greater Mankato community through VINE's programs and services. For more information, contact Marissa at (507) 386-5580 or marissap@vinevolunteers.org.

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. Make your get-together memorable at VINE.

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

SAVE THE DATE!

Mark your calendars for the **Love Your Age VINE's 55+ Expo** on Tuesday, **September 29** from **1–4 pm** at the Mankato Civic Center.

The event is free and open to the public. Attendees can visit vendors, socialize with peers, listen to informative presentations, get free health assessments, sign up for door prizes and more. Visit vinevolunteers.org for more information.

COMPANION SERVICES

Social connection plays an important role in healthy aging. Through

the Senior Companion Program with Lutheran Social Service of Minnesota, trained volunteers are matched with older adults who may feel isolated or would enjoy regular visits and friendly conversation. Companions provide meaningful social interaction that can brighten the day and help individuals stay connected to their community.

For more information, contact Fred at fred.snyder@lssmn.org or (507) 479-1899.

BLOOD DRIVE AT VINE

- Friday, May 22
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.

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.

- Personal Injury
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- Estate Planning
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Steven H. Fink • Daniel J. Bellig • Joseph A. Gangi
Amy E. Sauter • Paul T. Moosbrugger
Thomas P. McDermott • Scott V. Kelly

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.



Mankato: 507.625.2525 | Madelia: 507.642.3141 | FARRISHLAW.COM

CEO CORNER UPDATE

May invites us to focus on something that touches every part of our lives: our health. As we recognize both Older Americans Month and Mental Health Month, this year's Older Americans Month theme, Champion Your Health, feels especially meaningful.

At VINE, I have the privilege of hearing the stories our members share. Sometimes those stories are joyful. Sometimes they carry quiet weight, including loss, loneliness, stress or life changes that can feel overwhelming. Each time someone chooses to share, it is a reminder of how important it is for us to have places, people and programs that meet us where we are.

Mental health is a vital part of healthy aging. Research continues to show that social connection and emotional well-being are closely linked to better physical health, longer life and improved quality of life as we age. Taking care of our mental health is not separate from taking care of our bodies. It's central to it.

That is why we are intentional about offering support in many forms. Whether it is a class that lifts your mood, time spent connecting with others in a welcoming space or programs like PEARLS that provide extra support during challenging times, we are here for you or for someone you care about.

This month, I encourage you to check in with yourself and with others. Reach out. Stay connected. And remember, you do not have to navigate life's challenges alone. VINE is here to support your whole health, every step of the way.

– Melinda Wedzina, VINE CEO

TRAVEL WITH VINE & COLLETTE

Ready for an adventure but not sure where to start? VINE has partnered with Collette to offer unforgettable trips around the world with your friends at VINE. We'll handle the planning while you relax and enjoy the journey.



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 18–30, 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.

Christmas Markets & Castles of Europe with Germany & France: December 1–9, 2027

Experience Europe's Christmas markets from Heidelberg to Munich, exploring castles, cathedrals, festive traditions and regional culinary delights along the way.

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



VOLUNTEER SPOTLIGHT

If you've taken a Tai Chi class at VINE, you've likely met Sheila, whose calm presence and sense of humor make each session centering and fun. She has been volunteering as a Tai Chi instructor for over two years, introducing members to the graceful movements and mindful focus of this ancient practice.

Though new to teaching, Sheila embraces the challenge of finding ways to help students understand and grow. What motivates her most is her class, “They not only sincerely want to learn the Tai Chi forms correctly, but also want to see improvement in their health, whether through gaining better balance and strength or a sense of calm and mindfulness.”

Outside of VINE, Sheila stays active volunteering with her church, participating in community projects and performing with the KMSU Fountaineers. Her husband jokes, “When are you not volunteering?”

Sheila loves seeing VINE grow and welcomes the many new faces. Her classes are filled with lighthearted moments and connection, ending not just with movement, but with smiles and laughter. As she says, “These are people who genuinely like each other.”

We're grateful for Sheila's time, creativity and care. Thank you for helping VINE members find balance.

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



May is here, bringing graduations, moving days and blooming gardens! It's the season for fresh starts. While you're clearing closets and dusting shelves, remember the VINE Home Thrift Store. Donate your gently used furniture, décor or household goodies and make room for something new. Donations are accepted Tuesday through Saturday from 10 am-5:30 pm. Every item donated or purchased helps VINE support programs for older adults in our community.



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.

OPEN:
Tuesday – Saturday
10 am – 6 pm
77 Star Street, Mankato
(507) 387-2699
vinestore.org



Best of 2025
2ND PLACE
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