

THE VIEW f r o m VINE

JUNE 2026

VINE

Adult Community Center

MEMBERSHIP LEVELS

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

SOCIAL



- 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 **closing at 5 pm** on **June 15** for staff training.



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



OUTSIDE FUN AT VINE!

As the days grow longer and the sunshine returns, VINE is ready to make the most of summer. Staying active, social and engaged is at the heart of what we do and the warmer months bring even more opportunities to connect and enjoy the outdoors together.

One of the highlights this season is the opening of VINE's outdoor patio off the 2nd floor Member Retreat. With comfortable seating and fresh air, it's the perfect spot to relax with friends and soak up a beautiful Minnesota day. The patio will also be buzzing with activity all summer long. Join us on Wednesday, June 4 at 4 pm for a special outdoor ukulele concert and enjoy music in the sunshine. Also in June, we're taking Bingo outside! Bring your lucky charm and enjoy a classic favorite with a fresh-air twist.

If you're looking to stay active, VINE has you covered. The VINE Biking Group is back on the move, offering a fun and social way to explore local trails. Curious about E-bikes? Don't miss the presentation and test drive with Nicollet Bike Shop, where you can learn the ins and outs and even take one for a spin. Some of your favorite exercise classes are heading outdoors for the season. Tai Chi will once again take place at Sibley Park, offering a peaceful and energizing start to your day surrounded by nature. Some meditation sessions may move outside when the weather allows and add fresh air and birdsong to an already calming practice. The Trekking Group gets together weekly for a hike at a different park or trail each week. Back at VINE, lawn games will be available on the patio every Friday so stop by anytime for a casual game and a few laughs.

Prefer a slower pace? Take a stroll through art and nature with our guided CityArt Sculpture Walk or enjoy a behind-the-scenes look at one of our member's beautiful gardens during a special outdoor tour. These experiences are perfect for connecting with others while appreciating the creativity and beauty right here in our community.

For those interested in a little friendly competition, we'll also be sharing information on how to participate in this year's Minnesota Senior Games which is another inspiring way to stay active and try something new, whether you're a seasoned athlete or just curious to give it a go.

Whether you're attending an event, trying something new or simply enjoying a sunny afternoon on the patio, summer at VINE is all about connection, movement and making the most of every moment. We can't wait to see you outside!



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

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.

R & R FOR CAREGIVERS

- Thursday, June 25
10 – 11 am

A welcoming hour designed to help caregivers recharge and reconnect. Participants will enjoy guided meditation followed by relaxed visiting with other caregivers on the patio if weather permits. This gentle blend of mindfulness and social connection offers a restorative break to support well-being and resilience.

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

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
June 2, 10 – 11 am
- 2nd Wednesday of the month
June 10, 1 – 2:30 pm
- 3rd Wednesday of the month
June 17, 5:15 – 6:30 pm
- 3rd Thursday of the month
June 18, 3 – 4:15 pm

Services supported in part by:



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.



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 volunteer with yard work this summer. Hours are flexible and you'll be accompanied by our Chore Coordinator, Jim.

Call Keri at (507) 386-5571 for more information.

DOOR2DOOR TRANSPORTATION

VINE's Door2Door 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 at (507) 387-1666 to request a ride. 3-day advance notice preferred. Cost is \$1.10/mile. We drive people to doctor appointments, hair appointments, grocery stores, banks, pharmacies, etc. Door2Door operates mainly inside Mankato, North Mankato and St. Peter.

Services supported in part by:



TRUE TRANSIT FARE CHANGE

VINE's public transportation program, TRUE Transit, provides safe, reliable dial-a-ride service throughout Blue Earth, Nicollet and Le Sueur 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.

New fare rates:

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

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

FIVE WISHES LIVING WILL/ ADVANCE DIRECTIVE

- Wednesday, June 17
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.

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) 387-1666 or vinevolunteers.org.

S

COMPUTER UNIVERSITY: STAYING SAFE ONLINE USING INTERNET, EMAIL & AI

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



Build confidence and stay safe in today's digital world. You'll learn practical tips for navigating the internet securely, managing email with ease and understanding how to use AI tools safely and effectively.

WHAT IS AN END OF LIFE DOULA?

- Tuesday, June 9
- 11 am – 12 pm
- End of Life Doula Collaborative

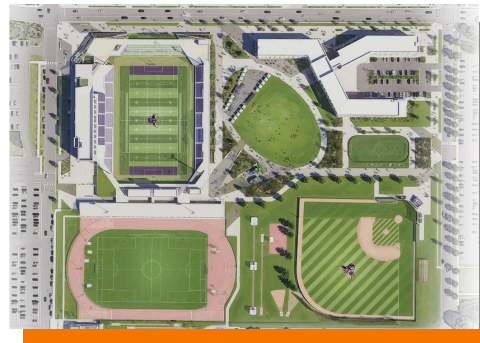
There is no one way to walk alongside someone at the end of life. In this special presentation, End of Life doulas will share their stories, the heart behind their work and the unique ways they support individuals and families. You will be introduced to the End of Life Doula Collaborative and the role they play in supporting our community.

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

WELCOME TO THE FUTURE STATE OF MSU

- Thursday, June 11
- 11 am – 12 pm
- Greg Weis, MSU-Mankato Associate Athletic Director

The Future State at Minnesota State University, Mankato is more than a stadium project, it's a bold reimagining of the campus's south side as a vibrant destination for all. Imagine a dynamic space with new recreation fields, scenic fitness trails, student housing and mixed-use retail, all designed to bring people together. From farmers markets and concerts to climbing walls, nature-based programming and year-round activities for all ages, this evolving hub will be full of energy and opportunity. Learn about everything that's in store!



E-BIKES

- Tuesday, June 16
- 11 am – 12 pm
- Charley Serrill, Nicollet Bike Shop



Curious about e-bikes? Join us to explore how these innovative bikes are transforming the way people get around. Learn about the many benefits e-bikes offer and how they work. Plus, you'll have the opportunity to test drive e-bikes and experience the ride for yourself!

CITYART SCULPTURE WALK

- Wednesday, June 17
- 10 – 11:30 am
- Meet outside of Pub 500 (500 S Front St. Mankato)
- Mike Lagerquist, CityArt Volunteer

Take a stroll through downtown Mankato and enjoy the creativity and craftsmanship of artists from across the country on the CityArt Walking Sculpture Tour. This guided tour will lead participants past a rotating outdoor exhibit of unique sculptures, each thoughtfully placed throughout the City Center. Learn more about the artists, the inspiration behind each piece and how this public art initiative enhances our community. Comfortable walking shoes and water recommended!

KIDNEYS IN CRISIS: SPOTTING ACUTE KIDNEY INJURY EARLY

- Thursday, June 18
- 1 – 2 pm
- Alex Edorh, Physician Assistant, Mayo Clinic Department of Nephrology

Acute Kidney Injury can happen suddenly, and while it's often reversible, it can lead to long term problems like chronic kidney disease or even dialysis if it goes unnoticed. Join Alex Edorh as he discusses AKI and what causes it, how it's detected and what everyday choices can help lower your risk. We'll also decode those confusing lab numbers like creatinine and GFR that show up in your patient portal and explain why "abnormal" results don't always mean something dangerous.

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Come learn how to understand your kidney tests, recognize early warning signs, and take charge of your kidney health with confidence.

VIETNAM & CAMBODIA: HISTORIC SITES



- Friday, June 19
- 11 am – 12 pm
- Linda Good & Karen Willyard, World Travelers

Join Linda and Karen for the final installment of their unforgettable journey through Vietnam and Cambodia. They'll take you on an exploration of the region's rich history and complex past. Travel through Vietnam's ancient capital of Hoa Lu and visit the Temple of Literature in Hanoi, the country's first national university. Gain insight into key moments of the Vietnam War with stops at significant sites including the Hanoi Hilton, the Ho Chi Minh Memorial, Reunification Hall and the Cu Chi Tunnels. In Cambodia, the journey continues with moving visits to the Killing Fields and the interrogation center in Phnom Penh. You'll also learn about the remarkable "Hero Rats" in Siem Reap, trained to detect landmines and save lives. This presentation will offer a meaningful look at the historical landmarks that have shaped these two countries.

MINNESOTA SENIOR GAMES

- Tuesday, June 23
- 11 am – 12 pm
- Joelle Baumann, Visit Mankato

Join us for a preview of the 2026 Minnesota Senior Games, coming to Mankato August 6-9! The Minnesota Senior Games is an athletic event for ages 50 and better, featuring 15 sports including bowling, cycling, golf, pickleball, swimming, table tennis, track & field and more. Learn how to participate or support this celebration of active living and community spirit with athletes from near and far.

"THIS STATUE IN THIS PLACE" EXHIBIT @ MSU-MANKATO

- Wednesday, June 24
- 11 am – 12 pm
- Meet at MSU Memorial Library (1st floor - SW corner)
- Daardi Sizemore Mixon, University Archivist

This exhibit is the result of five years of research and campus engagement about Abraham Lincoln's legacy in Minnesota and Mankato and the history of the statue. With this exhibit, we strive to create a space that stimulates deeper discussions and new research while helping the Greater Mankato community better understand the history of the Dakota people, the complexities of Lincoln's time and how historical events shape contemporary thought and people. Learn about the development of the exhibit including how students were integrated throughout. Following the presentation, attendees can visit the exhibit and explore Memorial Library.

COOK IT NOW, ENJOY IT LATER

- Thursday, June 25 or Friday, June 26
- 10:30 am – 12 pm



- Kelly Kunkel, U of M Extension
 - Cost: \$10 for food
- Join us in the kitchen as we prepare and sample freezer meal recipes. We will learn how freezer-friendly cooking can be healthier, when safely stored, and save time, energy and money.



GARDEN TOUR

- Tuesday, June 30
- 10 – 11:30 am
- Karen Wright, Master Gardener



You are invited to tour Karen Wright's gardens. The gardens are located on Lake Washington, Wright's cabin "up north", which she landscaped herself. She is a Blue Earth County Master Gardener, the Vice President of the Minnesota Hosta Society and on the board of the North Star Lily Society. She LOVES plants and you will see a wide variety of them, including a native shoreline pollinator planting, raised bed vegetable gardens, hundreds of lilies (including many varieties created by her son), an extensive Hosta collection, clover lawn, and simply, lots of plants! Off-site address and directions will be given upon registration.

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. 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
Fridays: 10 am – 12 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.

June 17: Book Club - Read and discuss, "The Other Einstein" by Marie Benedict.

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 open and is the perfect spot to relax with friends and soak up some sunshine.

GAMES ON THE PATIO



Fridays (weather permitting)

Enjoy a leisurely game of bags, Jenga and cards on the Member Retreat Patio. Games will be out and ready for your use.

VINE UKULELE PATIO CONCERT

- Wednesday, June 3
4 – 5 pm

Join us for an afternoon of music as our VINE ukulele participants take the stage on the patio! Grab a seat, tap your toes to familiar tunes and enjoy a fun, feel-good performance filled with classic songs and cheerful energy.

BINGO ON THE PATIO



- Wednesday, June 10
10 – 11 am

BINGO just got a breath of fresh air! Grab your lucky charm, soak up some sun and be ready for fun. Register at vinevolunteers.org or (507) 387-1666.

BRIDGE LESSONS: TRICKS FOR DEFENSE



- Thursdays, June 4 – July 9
10 – 11:30 am
- Rajiv Kapadia, Bridge Instructor

Sharpen your Bridge strategy by mastering the art of defense! Learn how to read the declarer's intentions and develop smart counterplays. Discover how to identify guaranteed tricks versus those you need to actively pursue and when to lead trumps to prevent the declarer from ruffing your winners. Designed for all skill levels.

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 16.
Registration required.

Guest Instructor: James Mackey,
MSU Graphic Artist & Instructor

Each week features a new focus to help build your drawing skills in a fun, supportive environment. Classes are \$10 per session, and you are encouraged to bring your own sketchbook.

June 3: Perspective Drawing

June 10: Layout Drawing

June 17: Figure Drawing

June 24: Cartooning & General Drawing

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

June 4 OR 11: Tea Bag Folding Cards

Come and learn how to do teabag folding as different folds make unique medallion-shaped flowers.



June 18 OR 25: Watercolor Flowers and Leaves

In this watercolor class, students will practice forming delicate leaves and vibrant flowers, learning how to control brushstrokes, blend colors and build confidence with each element. Step by step, we'll bring these individual pieces together into a charming summer wreath.



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

Discover creativity without limits at the 5th Floor Gallery's "Anything Goes" Member Art Show on display **May 14 – July 15.**

VINE members are showcasing their artistic talents across a wide range of media, offering a vibrant collection you won't want to miss. Stop by to explore the exhibit and celebrate the creativity of our community.

POLYMER CLAY TILE PAINTING

- Thursday, June 4
- 3:30 – 5:30 pm
- Jessica Peters, Artist

Explore the colorful possibilities of polymer clay in this fun, hands-on workshop! Paint with clay to create two unique tile designs and learn about the varieties and properties of polymer clay along the way. All materials will be provided.

INTRODUCTION TO CROCHET

- Monday, June 15
- 11 am – 12 pm
- Toni Larson, Crocheter

Toni will provide instruction and guidance to help you learn the basics of crochet. Materials will be provided, but attendees are welcome to bring their own yarn and crochet hook. Call Blue Earth County Library at (507) 304-4022 to register. Seats are limited and you must be pre-registered.

These programs are made possible by Minnesota voters through the Traverse des Sioux Library Cooperative grant, thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.

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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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

6/4: Bray Park

6/11: Lime Valley Park

6/18: Mni Waste Park

6/25: Bluff Park



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

6/2: Spring Lake Park

6/9: Madison Lake (parking lot near anchor)

6/16: Vetter Amphitheater

6/23: Kwik Trip (921 Coneflower Ln)

6/30: Hwy 1 parking lot (near Mount Kato and Doc Jones Rd)

WALK WITH A DOC

- Tuesday, June 9
5:30 – 6:30 pm
Free & open to the public

Take a walk with a Mayo Clinic doctor on the 2nd Tuesday of the month on our indoor walking track.

CARDIAC REHAB GROUP

- Tuesday, June 16
1:30 – 2:30 pm
Free & open to the public

Meet cardiac rehab participants and trained staff to support your continual heart healthy effort. Held the 3rd Tuesday of the month.

PICKLEBALL AT THE PICKLEBARN



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

PICKLEBALL CLINIC

- Thursday, June 18
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

This supportive class is designed for individuals with cognitive impairment and their caregiver. The workout focuses on strength, flexibility and endurance in a welcoming 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) 978-6464.

VINE INDOOR HIKING CLUB

- July 1 – August 31



Join us as we hike the scenic Le Cinque Terre Hiking Trails at VINE. The full hike along Le Cinque Terre is on a trail between Monterosso and Riomaggiore. Le Cinque Terre is a UNESCO site and lies within its own National Park, Parco Nazionale Le Cinque Terre. It's one of the most renowned hikes in Italy and a major tourist attraction with beautiful, colorful villages built atop cliffs on mountainsides that dive straight into the Ligurian Sea.

Please sign up at the front desk.

IS GARDENING BENEFICIAL FOR OUR HEALTH?

After a long winter, summer has finally arrived! What does that mean for us? It can mean enjoying the sunshine by taking walks with loved ones, spending time by the lake or getting our hands dirty in the garden. Gardening is often described as calming, fun and healthy, but is it really?

A 2023 study explored this question by inviting participants to take part in a gardening trial. Researchers examined whether growing fruits and vegetables could encourage healthier eating, reduce reliance on store-bought food and support the environment. They also looked at factors like social support, confidence in healthy eating, food sharing and enjoyment of vegetables.

The results were promising. Participants who gardened reported it was easier to make healthy food choices and many enjoyed eating vegetables they had grown themselves. Some also reported eating fewer processed foods.

The amount of food people grew varied. Some grew enough for a few meals, while others grew so much that they shared with friends or family. Sharing food brought feelings of happiness and pride. That joy matters and is a benefit that goes beyond nutrition.

Many adults said they felt more eager to eat the fruits and vegetables they grew. Think about your own habits. Would you eat more produce if it were outside your doorstep?

Gardening may seem costly. But it can save you money during the warm months. One family said they

could afford to eat their own fruits and vegetables after they started gardening. What fruits and vegetables do you buy most? If you like tomatoes or watermelon, try using the warm weather to plant them for the first time.

You might be surprised at how much joy and health a small garden can bring into your life. You can start small with produce like herbs or cucumbers off your patio. As we move into the warmer months, it may be the perfect time to try something new and see what you can grow. You never know what gardening may bring!

Makenna Caswell grew up in Litchfield, MN and is currently attending MSU-Mankato pursuing a Master's in Nutrition and Dietetics.

ACT ON ALZHEIMERS
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

Presenting Sponsor: **DEPARTMENT OF HEALTH**

Visionary Sponsors: **MANKATO AREA FOUNDATION** **MONARCH HEALTHCARE MANAGEMENT**

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SYNERGY HomeCare

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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.

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Want to Join Our Team?
(507)769-0828
<https://synergyhomecare.com/mn-mankato-56001/careers/>

FREE CONSULTS (507)769-0828

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) 978-6464 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.



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: Jen Wunderlich! She holds a master's in Exercise Physiology from



Jen Wunderlich

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 jenw@vinevolunteers.org or (507) 978-6464 to learn more or sign up.





DEXAFIT Mankato

Stay Independent. Stay Strong. Stay Informed.



Medical-grade testing and prevention that help you understand your body and age actively with confidence.

-  **DEXA Body Comp Scan**
Measures body fat, muscle mass, visceral fat and bone density
-  **RMR Metabolic Test**
Identifies your personal calorie needs
-  **VO₂ Max Test**
Measures cardiovascular fitness and endurance

Ideal for adults who want to:

- ✓ Maintain strength and mobility
- ✓ Monitor bone health
- ✓ Track muscle changes with age
- ✓ Support heart health and longevity
- ✓ Make informed lifestyle decisions



Know your numbers. Support your future self.

For online bookings go to www.Mankato.DexaFit.com or call **507-445-6648**. All services are **HSA/FSA** eligible.



1651 Commerce Dr., #200
North Mankato, MN

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 *(ends at 4:30 pm on 6/15)*

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 6/26)*

Saturdays

(no lap swimming on Saturdays)

8:45 – 9:30 am
10:15 am – 12:45 pm



FRIDAY FAMILY FUN



- Friday, June 26
5 – 6:30 pm
- \$5 per guest (2 minors per member) Kids must be potty trained

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
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
6/6: Aqua Kickboxing
6/13: Aqua 2
6/20: Aqua 3
6/27: Aqua Yoga



LAP SWIM

(registration required)

Mondays

11:30 am – 12:15 pm
12:15 – 1 pm

Tuesdays

7 – 8 am

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
 5:30 - 6:15 pm: Boot Camp
 (no class 6/15)

Tuesdays

8:30 - 9:15 am: Stretch & Flex
 9:30 - 10:15 am: Zumba®
 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
 2 - 2:45 pm: Picklebands *new day
 4:30 - 5:15 pm: Zumba®

Thursdays

8:30 - 9:15 am: Roll & Restore
 9:30 - 10:15 am: Zumba®
 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
 6/6: Mobility
 6/13: Move It More
 6/20: Boot Camp
 6/27: Stretch & Flex



GROUP EXERCISE CLASS DESCRIPTIONS



STRENGTH



CARDIO



BALANCE & RELAXATION



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



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

- Mondays & Wednesdays,
June 8 – July 29
10 – 11 am
Sibley Park Bandshell

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

This series has weekly classes. Call (507) 978-6464 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) 978-6464.

PEACEFUL MOVEMENT ROOM CLASSES

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

Mondays

9 – 9:45 am: Chair Yoga
1 – 1:45 pm: Chair Yoga
2 – 2:45 pm: Yogalates **new day*

Tuesdays

8:15 – 8:45 am: Guided Meditation
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 (*no class 6/12*)

Saturdays

10:30 – 11:15 am: Rotating classes
6/6: Yoga for Health
6/13: Chair Yoga
6/20: Yoga for Health
6/27: 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*



Shannon
Ledin



GIVING BACK

VINE MEMORIALS

VINE gratefully acknowledges contributions received in April in honor of Dan Corcoran, Earl Gildemeister, Gerry Morris, Dan Scheurer and Jeanette Schull.

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. 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. Companions provide meaningful social interaction that can brighten the day and help individuals stay connected to their community. For more information, contact Fred at (507) 479-1899.

BIRTHDAY FUNDRAISER



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.

Trusted Professionals 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
- Business Law
- Real Estate
- Estate Planning
- Mediation/Alternative Dispute Resolution
- Divorce & Family Law
- Business Succession Planning



Steven H. Fink • Daniel J. Bellig
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

As this issue of *The View from VINE* reaches you, we are closing out a meaningful month of celebration and stepping into my favorite season of the year.

Throughout May, we honored Older Americans Month in small but intentional ways, offering moments of appreciation to the members who bring life, purpose and connection to VINE each day. This year’s theme, Champion Your Health, reflected who we are and what we strive to offer. Health is not just physical. It is social, emotional and grounded in a sense of belonging and purpose.

With the arrival of June, that idea comes to life in a new way. Summer in Minnesota invites us outdoors, and we are excited to meet you there.

Our cover story highlights just a few of the many ways you can stay active, engaged and connected this season. From the opening of our outdoor patio to biking, trekking, outdoor classes and simply enjoying time together in the fresh air, these opportunities reflect something important. Your well-being is not confined to a single space. It extends into the community, into nature and into the relationships you build along the way.

At VINE, we are here for your overall health. That means encouraging movement, creating opportunities for connection and helping you make the most of every season. Summer offers a special kind of energy, and we hope you will take full advantage of it in ways that feel right for you.

We look forward to seeing you outside. – 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

Owen has been volunteering with VINE’s Door2Door program since October 2022, giving rides once or twice a week to neighbors across Mankato and beyond, even as far as Waseca, St. Peter and Albert Lea. After retiring, Owen was looking for a way to give back. With his wife’s positive experience in the program years ago, Door2Door felt like a natural fit.

What keeps him coming back? “I enjoy doing it, the people are very friendly.” Owen values the flexibility and the chance to connect with riders, many of whom he sees regularly. Sometimes, he’s the only social interaction someone has all week. “They’re very thankful for the company,” he shared. Those moments have given Owen a deeper appreciation for his own mobility and the opportunity to “pay it forward.”

When he’s not behind the wheel, he’s an avid woodworker who creates segmented wood bowls. His advice to others? “It doesn’t take much time to do something of great value for others.”

Interested in making a difference like Owen? VINE is always looking for Door2Door volunteer drivers. Flexible scheduling, meaningful connections and a simple way to give back, join Owen and other drivers like him!

	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>	



Summer has arrived, bringing backyard fun and outdoor living! From patio furniture and garden décor to games, toys and entertaining essentials, it's the perfect time to refresh your space. As you swap out the old and make room for new, remember the thrift store. Donate your gently used furniture, décor or household goodies and give them a second life. Our shelves are always buzzing with new finds, and you never know what treasures you'll uncover next



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

