

THE VIEW from VINE

JULY 2026

VINE

Adult Community Center

MEMBERSHIP LEVELS

Some programs require a certain membership level. Call (507) 387-1666 with questions.

SOCIAL

- Educational Presentations
- Art Classes
- Social & Interest Groups
- Billiards Room

FITNESS BASIC

- Walking Track
- Cardio Studio
- Trekking & Biking Groups
- Line Dancing & Ping Pong

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 is **closed** **July 3 & 4** for Independence Day.



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



MORE THAN A MEMBERSHIP

If you haven't explored every corner of VINE lately, now might be the perfect time.

Over the past year, we've welcomed new spaces, new opportunities and more

members than ever are finding their place here. On any given day, you might see members connecting while exercising in the Cardio Studio, taking a class in the Peaceful Movement Room, enjoying coffee with each other in the Member Retreat, walking the track, spending time on the patio or attending an educational program and VINE continues to grow alongside the people we serve.

As VINE has evolved, so have the ways members engage with our programs and amenities. Beginning July 1, we are introducing an updated membership model that better reflects how members participate today while helping ensure VINE remains strong and sustainable for years to come.

What remains unchanged is the richness of what it means to be part of this community.

Every day, members strengthen their bodies through fitness classes, swimming, walking and exercise programs. They learn something new through presentations and educational offerings. They build friendships through cards, billiards, interest groups, volunteer service and countless informal conversations that happen throughout the building. These investments in well-being, big and small, are what turn a membership into a community.

And the impact of VINE extends far beyond our walls.

Through services like transportation, caregiver support, Meals on Wheels, chores and other Aging Well at Home programs, VINE helps older adults throughout our region maintain independence and stay connected. Our leadership of the Age-Friendly Mankato and North Mankato initiative is helping create a region where it is not only a great place to grow up, but also a great place to grow older.

Looking ahead, VINE is continuing to respond to emerging needs. This year, new opportunities for solo agers, a growing population of adults navigating aging on their own, will begin to take shape. VINE will be offering ways to build connections, plan for the future and navigate aging with confidence and support. *(continued on pg. 2)*



VINE SERVICES

VINE'S AGING WELL AT HOME SERVICES

VINE's services extend into the community wherever people in Blue Earth, Nicollet and Le Sueur counties are living in their own homes and have needs for:

- rides to 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)

At VINE, membership is about much more than access to amenities. It is about being part of a community where people stay active, continue learning, build meaningful friendships and find support through life's changes. However you engage, with a class, a conversation, a volunteer role or a service, you are part of something larger: a community that continues to grow stronger together.



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
July 7, 10 – 11 am
- 2nd Wednesday of the month
July 8, 1 – 2:30 pm
- 3rd Wednesday of the month
July 15, 5:15 – 6:30 pm
- 3rd Thursday of the month
July 16, 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.

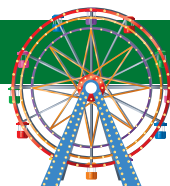
The PEARLS Program is an evidence-based approach designed to help adults age 60+ who are experiencing symptoms of depression. PEARLS supports individuals in building practical skills, setting meaningful goals and creating positive changes in their daily lives.

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:



GET A FREE RIDE TO THE COUNTY FAIR!



TRUE Transit is offering FREE rides to the Blue Earth County Fair on Senior Day, Thursday, July 23 between 9 am – 4 pm from anywhere in Blue Earth County. Reservations to the fair are required by July 21 and can be made online at truetransit.org or by calling (507) 388-8783.

TRUE Transit provides dial-a-ride transportation service throughout Blue Earth, Nicollet and Le Sueur Counties, Monday – Friday between 8 am – 5 pm. All of our buses have a mobility lift and will pick you up at your home and drop you off exactly where you need to go. Learn more at truetransit.org or give us a call at (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.

PRACTICAL RESOURCE FOR CAREGIVERS

- Wednesday, July 29
10 – 11 am
- Free & open to the public

Join VINE Caregiver Coach, Joyce Kolbet, as she shares an online resource that helps caregivers learn new skills, find support and feel more connected – on their own time, in their own way.

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

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:



EDUCATIONAL PRESENTATIONS

Unless otherwise noted, presentations take place at the VINE Adult Community Center. They are free for Social and Premium members and \$5 for others. Registration is required at vinevolunteers.org or (507) 387-1666.

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VINE DINING: DINO'S PIZZERIA



- Tuesday, July 7
- 11 am
- Meet at Dino's, 239 Belgrade Ave., North Mankato

Join the VINE Dining Group for a delicious outing to Dino's Pizzeria, where great food meets local history! Enjoy lunch on your own while connecting with friends and learn the story behind this popular North Mankato spot. Opened in 2006, Dino's was built on a passion for high-quality pizza and pasta. Dine alongside the signature double-stack brick oven, where you can watch your meal being prepared and learn about their specially crafted, made-from-scratch dough and hear about the building's unique past.

AGING IN PLACE



- Wednesday, July 8
- 12 – 1 pm
- Holly Schoettler, Programs Manager, Habitat for Humanity

Join us for an introduction to Habitat's Aging in Place Program. This program is designed to help older adults remain safely and comfortably in their own homes through thoughtful modifications such as grab bars, walk-in showers, higher toilets, widened doorways and wheelchair ramps.

You will walk through how the program works, including eligibility requirements, the income-based cost structure and the application process. She'll also explain how approved projects can be repaid with no interest. If you or a loved one are interested in staying independent at home, this is a great opportunity to learn about available resources in our community.

THROUGH THE LENS: ITALY



- Thursday, July 9
- 11 am – 12 pm
- Benji Inniger, Photographer

Experience the rich history, breathtaking landscapes and vibrant everyday life of Italy captured in a collection of travel images from photographer Benji Inniger. From rural to urban, enjoy stories and sights from Venice, Florence, Cinque Terre, Tuscany, Rome and more!

GOTTA GO, GOTTA KNOW: EVIDENCE-BASED BLADDER WELLNESS

- Tuesday, July 14
- 11 am – 12 pm
- Dr. Christy Godwin, M.D., Mayo Clinic Health System Department of Urology

Join us for an informative session on bladder health and urinary concerns in older adults. Dr. Godwin will explain why bladder changes occur with age, outline practical strategies to manage common symptoms and review today's most effective treatment options. This session is designed to offer clear, supportive guidance to help you stay comfortable, confident and active. Bring your questions; this is a relaxed, judgment-free

space focused on learning and empowerment.

BUILD YOUR OWN BOUQUET AT VALLEY VEGGIES & FLOWERS



- Monday, July 20
- 10 – 11 am
- Meet at Valley Veggies, 52727 MN-68, Lake Crystal, MN
- \$25, must pre-register

Wander through the blooming fields of Valley Veggies and soak in the beauty of this charming, family-run farm. Known for its vibrant flowers and fresh produce, Valley Veggies offers a peaceful countryside escape. After a short tour, you'll have time to stroll the rows and gather your own fresh-cut bouquet to take home, each one as unique as the person picking it!

Note: uneven terrain (not handicap accessible). Restrooms and umbrellas available. Please bring water, wear comfortable shoes and don't forget a sun hat!

COMPUTER UNIVERSITY: AVOIDING VIRUSES



- Monday, July 20
- 5:30 – 7 pm
- Mankato Computer Technology

Staying safe from online viruses is essential to protecting your devices and personal information. In this easy-to-follow session, you'll learn how to install antivirus software, keep your computer and apps updated and use a simple checklist to reduce your risk from scams, viruses and other cyber threats.

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

ROCKWELL ADVENTURE PARK



- Tuesday, July 21
- 11 am – 12 pm
- Charley Serrill, Rockwell Fundraising Committee Chair

Experience the excitement of Rockwell Adventure Park and discover how a 100-year-old limestone quarry is being transformed into a premier outdoor recreation destination. This multi-faceted project features a privately funded RV & Adventure Park alongside the development of free and publicly accessible mountain bike trails managed by the nonprofit Mankato Area Mountain Bikers (MAMB). Learn how this unique partnership is creating a lasting community asset that supports health, wellness and quality of life across Southern Minnesota. The presentation will highlight the project's vision, current progress and timeline, with the core trail system expected to open this fall.

TRAVEL WITH VINE & COLLETTE: ITALY, AFRICA & ALASKA



- Wednesday, July 22
- 12 – 1 pm
- David Huss, Collette Travel

Join us for an exciting travel presentation with Collette Travel and discover where your next adventure could take you! VINE & Collette are partnering to offer unforgettable travel experiences in 2027. From breathtaking landscapes to rich cultural experiences, there's something for every kind of traveler.

Upcoming highlights include:

Italian Vistas (April 19–May 1, 2027), African Safari: Kenya & Tanzania (June 2027), Alaska Land & Cruise (August 18–30, 2027).

Come get inspired, ask questions, and start planning your next adventure!

STAY SAFE FROM FRAUD & SCAMS

- Thursday, July 23
- 10 – 11:30 am
- Free & open to the public

This engaging and informative session brings together a panel of trusted experts who will share practical tips to help you recognize, prevent and report scams. Hear directly from knowledgeable representatives of Minnesota Aging Pathways, the Minnesota Department of Commerce Senior Fraud Division, Southern Minnesota Regional Legal Services, North Mankato Police Department, and Frandsen Bank & Trust. Together, they'll offer valuable insights and real-world guidance to help you protect your personal information and financial security.

CATARACTS & EYE HEALTH



- Tuesday, July 28
- 11 am – 12 pm
- Dr. Clingerman, Mankato Clinic

Learn how to protect and preserve your vision as Dr. Clingerman focuses on common age-related vision changes, with special attention to cataracts—what they are, how they develop and the treatment options available today. Gain practical tips for maintaining healthy eyesight, recognizing early warning signs and knowing when to seek care.

VIRTUAL @ VINE: EXPLORE NATIONAL CENTER FOR ATMOSPHERIC RESEARCH

- Tuesday, July 28
- 3 – 4 pm
- UCAR Center for Science Education

The U.S. NSF National Center for Atmospheric Research (NSF NCAR) Mesa Laboratory sits nestled against the foothills of the Rocky Mountains in Boulder, CO. In addition to being an amazing architectural landmark, this world-class research laboratory focuses on an understanding of Earth system sciences including atmosphere, weather and the Sun, which is the ultimate source of energy for Planet Earth. Explore the NSF NCAR Mesa Laboratory and the importance of Earth systems to our society with a live NSF NCAR guide on this interactive, virtual tour.

BEYOND THE BOOKS WITH THE BLUE EARTH COUNTY LIBRARY



- Thursday, July 30
- 11 am – 12 pm
- Grace Kranz & Julia Nettleton, Blue Earth County Library

Discover everything the Blue Earth County Library has to offer beyond the books! Join librarians Grace and Julia for a fun, informative presentation exploring the wide range of services available through the library. From digital resources and technology help to programs, events and community spaces, you might be surprised by all the ways the library supports lifelong learning and connection.

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

PLAY & SOCIALIZE

GAMES & GROUPS

The following activities are ongoing at VINE. All are free for Premium members; Social and Basic as noted. Register at vinevolunteers.org or call (507) 387-1666.

500 S

Wednesdays: 9:30 – 11:30 am

BILLIARDS S

Open during building hours - all equipment provided.

CRIBBAGE S

Tuesdays: 1 – 3 pm

DEVINE SINGERS S

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 S

Mondays & Wednesdays: 1 – 4 pm
Call Raj (507) 351-0133 to join.

GET YOUR YARN ON S

Wednesdays: 10 – 11:30 am
Bring your own craft and supplies.

MAHJONG S

Mondays: 12:30 – 3 pm
Fridays: 10 am – 12 pm
Registration required. Call Susan (507) 571-0091 to join.

MEMBERS FUN HOUR S

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

July 15: Game Night - Pokeno. Bring a \$10 wrapped prize to play.

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

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

MEMOIRS S

Tuesdays: 10:30 am – 1 pm
Get your life stories down on paper with this writing group.

PING-PONG B

Open play - all equipment provided.
Mondays & Wednesdays:
10:30 am – 12:30 pm
Fridays: 12:30 – 2:30 pm



SOCIAL BRIDGE S

Thursdays: 2 – 4 pm
Call Arlyce (507) 317-0617 to join.

SPELLERS S

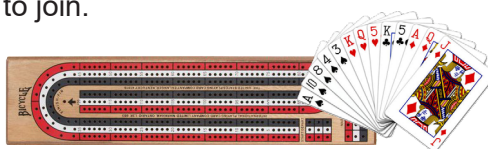
Fridays: 10 – 11 am
Practice spelling for fun with peers.

VINE AFTERNOON CARDS S

Fridays: 2 – 4 pm
Play a different card or board game each week.

VINE STOMPERS B

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! S

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.

SOLO AGERS KICKOFF S

- Monday, July 13
12 – 1 pm

Join us for the launch of our new Solo Agers group! A solo ager is someone who is navigating the experience of aging independently, often without a built-in support system of nearby family or a partner. This member-facilitated group is designed to bring solo agers together in a welcoming, supportive space. Each month, participants will connect, share experiences and explore topics like building social connections to discovering ways to engage in the community. Together, the group will also brainstorm and plan fun outings, activities and opportunities to meet new friends. Solo agers are invited to be part of this growing community. Please register at vinevolunteers.org or (507) 387-1666. Regular, ongoing meetings will be held the last Monday of each month at noon.

ART QUEST STUDIO



Tuesdays: 1 – 3 pm
Art Guild with Open Studio
(bring your own supplies)

Wednesdays: 1 – 3 pm
Paint & Draw (supplies provided)
Class size limited to 15.
Registration required.

July 8 & 15: Learn techniques for painting flora and fauna

July 22 & 29: Paint a floral bouquet

*Self-supplied materials needed for class: two canvases, any size up to 16 x 20.

Thursdays: 1 – 3 pm
Art For Everyone (supplies provided) Class size limited to 15.
Registration required.

July 9 OR 16: Acrylic brush techniques to create flowers

July 23 OR 30: Painting a bouquet with acrylic

*Self-supplied materials needed for each class: one canvas, any size up to 16 x 20.



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 “Anything Goes” Member Art Show on display through 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.

THE GOLDEN AGE OF ART

This collaboration between VINE artists and writers showcases a diverse collection of creative work by VINE members at the Carnegie Arts Center **July 10–25**. This annual exhibit highlights the talent within our community, featuring pieces across a variety of artistic styles and mediums.

VINE artists have created work centered around a shared theme, and writers respond by selecting a piece that speaks to them and crafting an original memoir inspired by the artwork. This year’s theme, “Letters,” invited both artists and writers to explore personal stories, memories and connections, resulting in a meaningful and reflective collection.



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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All are WELCOME

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

7/2: Lion's Park, Mankato

7/9: Land of Memories

7/16: Red Jacket Trail (Pond side)

7/23: Sakatah Trail (Meet at parking lot off Hwy 22, opposite Wickersham)

7/30: Glenwood Cemetery (Meet at Office 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

7/7: Sakatah Trail (parking lot off Hwy 22 opposite Wickersham Campus)

7/14: Sibley Park Bandshell

7/21: Minnemishinona Falls (Rockford Rd)

7/28: Elysian Visitor Center

WALK WITH A DOC

- Tuesday, July 14
5:30 – 6:30 pm
Free & open to the public

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

PICKLEBALL AT THE PICKLEBARN



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

PICKLEBALL CLINIC

- Thursday, July 16
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.

CARDIAC REHAB GROUP

- Tuesday, July 21
1:30 – 2:30 pm
Free & open to the public

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

DEMENTIA FRIENDLY FITNESS



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

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: LE CINQUE TERRE, ITALY



- July 1 – August 31

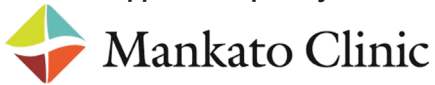
Join us as we hike the scenic Le Cinque Terre Hiking Trails at VINE. The full hike along Le Cinque Terre is on a trail between Monterosso and Riomaggiore. Le Cinque Terre is a UNESCO site and lies within its own National Park, Parco Nazionale Le Cinque Terre. It's one of the most renowned hikes in Italy 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.

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.



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.

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.

STAY HYDRATED THIS SUMMER

Staying hydrated throughout the year—and especially during the summer months, is an important part of maintaining overall health. As we age, our sense of thirst may become less reliable, meaning we may not feel thirsty even when our bodies need more fluids. Certain medications, such as diuretics, can also affect fluid levels and increase the risk of dehydration.

The benefits of staying hydrated are numerous. Proper hydration can support brain function, improve digestion, boost energy levels, reduce joint discomfort, help regulate body temperature, prevent kidney stones, and decrease the frequency of headaches (National Council on Aging).

Meeting your daily fluid needs does not have to come from water alone. Many foods contribute to hydration, including watermelon, cucumbers, celery, strawberries, grapefruit, and soups. Even beverages such as coffee can count toward your daily fluid intake.

The amount of fluid a person needs varies based on factors such as age, activity level, health conditions, and climate. It is not as simple as drinking eight glasses of water each day. A common guideline is to take one-third of your body weight and drink that number in fluid ounces daily. For example, a person who weighs 150 pounds would aim for about 50 ounces of fluid each day. Consult your physician for your specific recommendations.

Understanding the importance of hydration, its benefits, and your individual fluid needs can help you stay healthy and feel your best all year long.



Paul Olson

MEMBER HIGHLIGHT

Paul Olson has been a cherished member of VINE since 2019 and is well known as part of the morning breakfast club. He enjoys arriving early each day to spend time with fellow members and take in the warm, welcoming atmosphere that makes VINE feel like home.

Paul's life has been centered around serving others. He spent 37 years working in education, coached three different sports and served four years in the United States Air Force.

Faith and family are at the heart of who Paul is. He credits his wife, his strong faith and his family, especially his 12 grandchildren, for shaping the person he has become.

In his free time, Paul enjoys working in his wood shop at home and visiting one of his favorite places, Door County.

One of Paul's favorite experiences at VINE was attending a presentation on emotional support animals. As someone who has always loved dogs, he appreciated the joy and comfort they brought to members.

Paul appreciates the positivity, acceptance and nonjudgmental environment at VINE, where everyone is welcomed and encouraged to be themselves.

Thanks for being a part of VINE, Paul!



Shannon Ledin

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.

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: Isaac Eissinger. Isaac holds a B.S. in Exercise Science from MSU-Mankato and specializes in strength



Isaac Eissinger

building and rehabilitation. He is passionate about helping clients regain confidence in the activities they love. Isaac has experience working with individuals navigating dementia, stroke recovery, cancer and other health challenges. He brings a fun, encouraging and goal-focused approach to every session.

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.

SYNERGY HomeCare is a trusted provider of non-medical in-home care services dedicated to helping individuals live safely, independently, and comfortably wherever they call home.

Free Consultations
(507)769-0828

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

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 7/31)*

Saturdays

(no lap swimming on Saturdays)

8:45 – 9:30 am
10:15 am – 12:45 pm



FRIDAY FAMILY FUN



- Friday, July 31
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 **no classes on 7/3*

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
7/4: No Class
7/11: Aqua 2
7/18: Aqua Kickboxing
7/25: 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

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
 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 **no classes on 7/3*

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
 7/4: No Class
 7/11: Move It More
 7/18: Boot Camp
 7/25: 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.

NEW YOGA INSTRUCTOR!

Please join us in welcoming VINE's newest yoga instructor, Naomi Olson. Naomi has been practicing yoga for many decades and joined the VINE Adult Community Center in 2023 and fell in love with the facility, members and environment. She recently became certified and wanted to share the benefits of yoga with others. Naomi will be instructing the new Yoga for Health class on Mondays and subbing for others.

**PEACEFUL MOVEMENT ROOM CLASSES**

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

Mondays

9 – 9:45 am: Chair Yoga
 10:30 – 11:30 am: Yoga for Health
**new class begins 7/13!*
 1 – 1:45 pm: Chair Yoga
 2 – 2:45 pm: Yoyalates

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

Fridays **no classes on 7/3*

9 – 9:45 am: Chair Yoga
 10 – 11 am: Gentle Yoga
 1 – 2:30 pm: Restorative Yoga

Saturdays

10:30 – 11:15 am: Rotating classes
 7/4: No Class
 7/11: Chair Yoga
 7/18: Yin Yoga **new class*
 7/25: 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*

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*

Therapeutic Yoga aims to relive chronic tension patterns, retrain muscle imbalances and foster nervous system regulation to reduce pain, calm the mind and strengthen the body. *Level 2F*

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*

Yin Yoga is a slow, meditative practice that targets deep connective tissues through longer-held poses, helping release tension and improve flexibility. *Level 2F*

Yoyalates 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 May in honor of David Janovy, Al Meyer 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.

BLOOD DRIVE AT VINE

- Friday, July 17
11 am – 4 pm



VINE is hosting a Red Cross Blood Drive. Make an appointment online at redcrossblood.org, on the Red Cross app or call 1-800-RED CROSS. Walk-ins are also welcome.



Angie Owens
Area Manager



Laura Mellgren
Customer Relations

WE'RE HERE TO HELP.

Call ADARA if you:

- Are being discharged after a hospital or rehab stay or have experienced a change in condition
- Are looking for additional support and services in an assisted living or private home environment



VOTED BEST OF MANKATO
5 YEARS IN A ROW

Talk to your provider or call us directly to see what services you may qualify for and benefit from. Adara Home Health provides complimentary care needs assessments to assist with identifying resources, as well as payer options. HomeHealth Medicare services are 100% covered for those who qualify.

Call ADARA at 507-519-4016



Skilled Nursing • Physical Therapy • Occupational & Speech Therapy
Servicing Mankato, Fairmont, New Ulm, Owatonna, Faribault, Albert Lea, and surrounding communities.

CEO CORNER UPDATE

This month's cover story says it well: VINE is more than a membership.

A membership may begin with a class, a walk around the track, time in the pool, a presentation or a cup of coffee in the Member Retreat. But for many people, it becomes something deeper. It becomes a place to belong, to stay active, to learn, to give back and to be known.

As we introduce our updated membership model this month, I know change can bring questions. What is not changing is the heart of VINE. We remain committed to creating opportunities for older adults to strengthen their bodies, engage their minds, build friendships and find support through the many stages of aging. You can see that throughout this newsletter. July brings educational programs, art, fitness, caregiver support, transportation options, volunteer opportunities and the kickoff of our new Solo Agers group. Each of these offerings reflects a different way people connect with VINE and with one another.

Our building may look different after a year of renovations and our programs continue to grow, but the purpose remains the same. VINE is here to help people age well, stay connected and continue contributing to a community that values them.

I look forward to seeing you at VINE this summer, whether it's in a class, on the patio, in the stairwell or just stopping by to say hello. As always, my door is open and I am grateful to be part of this community with you.

– 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.



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.

African Safari: Kenya and Tanzania: June, 2027

More information coming soon!

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.



Terry Tompkins


Thank You

VOLUNTEER SPOTLIGHT

Terry Tompkins has been a dedicated VINE volunteer since 2018, bringing a friendly presence to the Fitness Center. During a typical shift, Terry enjoys welcoming members and keeping an eye out for anyone who may be new or in need of assistance. His approachable nature helps create a comfortable and supportive environment for everyone.

Terry first began volunteering to stay active and give back, but what keeps him coming back is the strong sense of connection he finds at VINE. "I enjoy the social aspects," he shares, noting that volunteering has become an important and fulfilling part of his routine. In fact, he intentionally plans his schedule around his volunteer time.

While Terry wasn't sure what to expect at first, he quickly found volunteering gave him a meaningful way to be helpful and engaged. He encourages others to give it a try, emphasizing that no special skills or large time commitments are required, you just need an open mind and a friendly attitude. For Terry, being part of the VINE community is about connection while staying physically active and enjoying the social energy that makes VINE such a welcoming place. Thank you, Terry, for your dedication and friendly presence.

 Adult Community Center	SOCIAL	FITNESS BASIC	FITNESS PREMIUM
MEMBERSHIP RATES	\$12/month	\$30/month	\$46/month
ADDITIONAL HOUSEHOLD MEMBER RATES	N/A	\$24/month	\$37/month
RATE WITH INSURANCE FITNESS BENEFIT*	N/A	\$0/month	\$16/month Additional household member: \$13/month
AMENITIES	Includes: <ul style="list-style-type: none"> • Educational Presentations • Social & Interest Groups • Art Classes • Billiards Room 	Includes: <ul style="list-style-type: none"> • Indoor Walking Track • Cardio Studio • Ping Pong • Trekking & Biking Groups • Line Dancing Group 	Includes: <ul style="list-style-type: none"> • Everything in Social & Fitness Basic • Fitness Center • Warm Water Pool • Group Exercise Classes



The dog days of summer are here and July is the perfect time to soak up the sunshine and savor outdoor living! If you're hosting backyard get-togethers, relaxing on the patio or sprucing up your garden space, now's the time to refresh with seasonal style. Think outdoor furniture, festive décor, yard games and all the essentials for easy summer entertaining.



Donate · Shop · Volunteer

OPEN:

Tuesday – Saturday
10 am – 6 pm

77 Star Street, Mankato

(507) 387-2699

vinestore.org

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.

