

# THE VIEW from VINE

AUGUST 2026



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



## COMMUNITY PARTNERSHIP

At VINE, connection is at the heart of everything we do. One partnership that reflects that spirit is our long-standing collaboration with Minnesota State University, Mankato. Just up the hill and deeply connected to both Mankato and VINE's

history, MSU enriches the lives of VINE participants while helping prepare the next generation of healthcare professionals, educators and community leaders.

For many VINE members, the connection is personal. Our community includes retired MSU faculty, staff and alumni who spent decades teaching, mentoring and serving at the university. "My career at MSU spanned almost four decades as both a graduate alumnus and administrative professional," shares VINE member Sandra Loerts. "It was the daily interactions with students that were so rewarding. VINE offers me much the same: educational programs, opportunities to learn and meaningful connections across generations."

That spirit of shared learning is evident throughout VINE's Health and Wellness programs. Nutrition students provide one-on-one counseling under faculty supervision, while students from the College of Allied Health and Nursing offer ear cleanings, hearing and balance assessments and foot care clinics, providing valuable services while gaining hands-on experience. "Working with VINE members allows students to build meaningful connections in real-world settings," says Dr. Sabrina Ehmke, School of Nursing Professor. "They develop communication skills, empathy and a deeper appreciation for the lived experiences of older adults."

The partnership also expands access to specialized care. Through MSU's Center for Communication Sciences and Disorders, VINE members receive swallowing evaluations and treatment, while graduate speech-language pathology students lead weekly sessions for people living with Parkinson's disease to improve speech clarity and confidence.

Learning flows both ways. MSU faculty and students regularly present educational programs at VINE, while members visit campus for experiences such as Lunch and Learn sessions in MSU's teaching kitchen. "Our Lunch and Learn partnership is truly reciprocal," says Emma Smith, Nutrition and Dietetics Professor. "Our students learn just as much from VINE participants as participants learn from them."

For more than 20 years, VINE members have also participated in psychology research and classroom discussions that help students better understand aging.

*(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.

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"VINE has been a valuable partner for over two decades," says psychologist Dr. Jeff Buchanan. "Our collaboration has supported dozens of student research projects and helped prepare future professionals to work with older adults." One of the most meaningful experiences each semester occurs when VINE caregivers visit MSU classrooms to share their personal stories. "Students frequently say these conversations are the most meaningful part of the course," Jeff says. "They bring humanity and depth to what we study."

The arts further strengthen the partnership. Each season, VINE members enjoy previews of MSU theater productions, complete with behind-the-scenes insights and conversations with student performers. Even the VINE Adult Community Center reflects this shared history. Once part of MSU's lower campus as the Nichols Building, it now serves as a place where education, wellness and community continue to thrive.

While students gain real-world experience, VINE members offer something equally important: their wisdom, life experiences and willingness to mentor the next generation. Together, VINE and MSU continue building a community where learning, connection and purpose flourish at every age.



### 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](http://vinevolunteers.org).

**Proud Partner Agency**



**Greater Mankato Area  
United Way**

### NEED HELP WITH CHORES?

VINE has a handyman who can help with minor home repairs. Do you have something broken 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. 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. Hours are flexible and you'll be accompanied by our Chore Coordinator, Jim.

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

### MENTAL HEALTH CARE

VINE offers affordable mental health care for older adults in Blue Earth, Nicollet and Le Sueur Counties through the PEARLS program, an evidence-based approach for people 60+ experiencing symptoms of depression.

With guidance from a PEARLS Coach, participants develop personalized problem-solving plans and life-enriching activities to improve well-being. Sessions are \$10 and may continue for several months, with no one turned away for inability to pay. Meetings can be held at VINE or virtually.

Contact Mary at (507) 386-5577 or [maryw@vinevolunteers.org](mailto:maryw@vinevolunteers.org) to learn more.

**Services supported in part by:**



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## 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. Recommended contribution 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:



## GET A FREE RIDE TO THE COUNTY FAIRS!

TRUE Transit is offering FREE rides to the Nicollet County Fair on Friday, August 14 and to the Le Sueur County Fair on Friday, August 21 between 9 am – 4 pm. Reservations to the fairs are required two days in advance and can be made online at [truetransit.org](http://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](http://truetransit.org) or give us a call at (507) 388-8783.



## CAREGIVER SUPPORT GROUPS

Without support, caregiving can be difficult and isolating. Gain insights and encouragement from others with a monthly Caregiver Support Groups at VINE. Groups are limited to 10 people. Please choose one support group each month. **Pre-registration is required.** Call (507) 387-1666 or email [vine@vinevolunteers.org](mailto:vine@vinevolunteers.org). If you can't attend a support group you've registered for, please call to cancel.

Should you need more support, we encourage you to request Caregiver Consulting.

### Mankato Support Groups

VINE Adult Community Center

- 1st Tuesday of the month  
Aug. 4, 10 – 11 am
- 2nd Wednesday of the month  
Aug. 12, 1 – 2:30 pm
- 3rd Wednesday of the month  
Aug. 19, 5:15 – 6:30 pm
- 3rd Thursday of the month  
Aug. 20, 3 – 4:15 pm

## FIVE WISHES LIVING WILL/ ADVANCE DIRECTIVE

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

## 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.

## 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.



## 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](http://vinevolunteers.org) or (507) 387-1666.

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### CAR TALK: EV, HYBRID OR INTERNAL COMBUSTION- WHAT'S THE DIFFERENCE?

- Tuesday, Aug. 4
- 11 am – 12 pm
- Jeff Wondra, Snell Motors



Curious about what makes electric and hybrid vehicles different from traditional gas-powered cars? Join us for a friendly and informative conversation about the evolving world of automotive technology. We'll take a look at the three main types of vehicles, internal combustion (ICE), hybrid, and electric, focusing especially on the features that make EVs unique. Learn about fueling and charging options, routine maintenance, warranties and what to expect from vehicle ownership as technology changes.

### INTRODUCTION TO HERBS

- Tuesday, Aug. 4
- 1 – 2 pm
- Kara Fischenich, Herbalist & Integrative Nutritionist, Thistle Patch Wellness



Herbalism is a vast world that can feel overwhelming or maybe even risky when you're first beginning. There's good news, it doesn't have to be complicated! This class will focus on the foundations, answering the most common

questions and exploring how herbs can gently support your health and daily life. Explore the basics of herbalism and how herbs can gently support your health and daily routine. You'll learn about herbal safety, what herbs are (and aren't), and the many ways to use them, from teas to tinctures and more. We'll also highlight a few herbs that may support healthy aging and share tips for sourcing high-quality, trustworthy products.

### INTRODUCTION TO LEATHER STAMPING

- Wednesday, Aug. 5
- 11 am – 12 pm
- Pegeen Rozeske, Leather Artist
- Cost: \$35 for members, \$45 for non-members



In this hands-on leather stamping class, participants will learn the basics of working with leather using tools and materials provided. You'll have the opportunity to practice techniques on sample pieces before creating your own small, stamped design on a rectangular leather piece, as well as a custom leather bracelet. No experience is needed, this class is designed for beginners and encourages creativity and exploration. Participants will leave with their finished leather creations to keep.

### MINNESOTA DOCTORS FOR THE PEOPLE

- Thursday, Aug. 6
- 11 am – 12 pm
- Susan Peller, NP, Dr. Rich Peller, Thalia Taylor & Linda Good

For the past 20 years, Minnesota Doctors for the People has been making a meaningful impact beyond borders. Founded by local nurse practitioner Susan Peller and interpreter Bridget Hermer, this nonprofit provides free medical care to underserved communities in Guatemala and Mexico. Each year, volunteer teams, including medical professionals, interpreters and pharmacy staff, serve hundreds of individuals, from infants to older adults. Join us to hear about a recent medical mission to Chiapas, Mexico, and learn how you can get involved in future trips. See a firsthand look at compassionate care in action and the difference volunteers can make.

### TOUR OF HUBBARD HOUSE GARDENS

- Tuesday, Aug. 11
- 9 – 10 am
- Mary Wiese & The Twilight Garden Club
- Meet at the Hubbard House 606 S. Broad St. Mankato



Experience the beauty and history of the Hubbard House Gardens with a guided tour led by the Twilight Garden Club. This group of gardening enthusiasts volunteer their time to plan, plant and

*(continued on pg. 5)*

Register at [vinevolunteers.org](http://vinevolunteers.org)  
or call (507) 387-1666

(continued from pg. 4)

maintain the stunning gardens that surround the historic R.D. Hubbard House. Enjoy a stroll through the flower beds and learn about the club's work in preserving this local treasure. Please bring water and a hat, if it's hot. In case of inclement weather, the program may be rescheduled.

## HOW TO GET AROUND WITH PUBLIC TRANSPORTATION

- Thursday, Aug. 13
- 11 am – 12 pm
- Shawn Schloesser, Todd Owens & Marta Krosch, City of Mankato Transportation & Ron Decker, TRUE Transit



Dependable and cost-effective transportation is vital for community well-being. VINE and the City of Mankato prioritize transportation, recognizing its essential role in activities like shopping, medical visits and appointments, as well as visiting friends and socializing. Learn about the various transportation options in our area, including navigating the Mobility Bus with a Personal Care Attendant, Mankato Bus Tracker and TRUE Transit services. There will be a City of Mankato bus onsite to tour and attendees will receive free one-day passes for the fixed route service.

## COMPUTER UNIVERSITY: AI

- Monday, Aug. 17
- 5:30 – 7 pm
- Mankato Computer Technology



Curious about AI? Join Mankato

Computer Technology for a friendly introduction to how artificial intelligence shows up in everyday life, from smart assistants and fitness trackers to reminders, travel planning and more. Discover how AI can support your health, simplify daily tasks and help you stay connected, all while learning tips to use technology safely and confidently.

## GRIEF IN CAREGIVING: DURING & AFTER

- Tuesday, Aug. 18
- 10 – 11 am
- Joyce Kolbet & Mary Wichtendahl, VINE Caregiver Coaches
- Free & open to the public

Join us for some webinar clips and follow-up discussion about the losses and grief experienced by many caregivers during and after their caregiving journey. The conversation will include practical strategies to cope with grief and how to find meaning in difficult times.

## MANKATO BALLET SHOWCASE: "ROOTED & REACHING"

- Tuesday, Aug. 25
- 1 – 1:45 pm
- Mankato Ballet Company

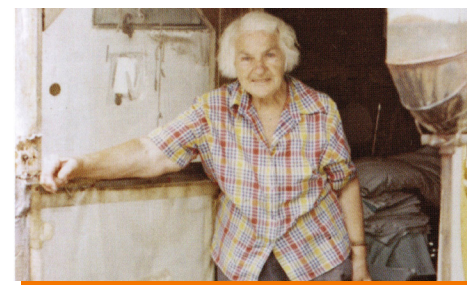
"Rooted and Reaching" is a succinct collection of new choreographic works put together by Minnesota choreographers and local dancers. This showcase covers a range of ballet, modern and jazz styles and is designed to celebrate the joy of bringing new art into the rural communities we call home.



## THE LIFE OF DOROTHY MOLTER, THE ROOT BEER LADY OF THE BWCA

- Wednesday, Aug. 26
- 11 am – 12 pm
- John Grabko, Historic Travel Adventure & Travel Tours

Dorothy Molter lived 56 years on Knife Lake in the Boundary Waters Canoe Area. She was known as Knife Lake Dorothy, The Nightingale of the North, but many of us are more familiar with her real claim to fame "The Root Beer Lady of the BWCA". She came to fame with extensive national media coverage, books and documentaries. Join us as we tell the tale of Dorothy Molter, a legend of the north country!



## DIABETES PREVENTION PROGRAM (DPP) INFORMATION SESSION

- Tuesday, Sept. 8
- 9 – 10 am
- Free & open to the public

Learn about VINE's Diabetes Prevention Program, a free, proactive approach to empowering individuals to make healthier lifestyle choices to reduce the risk of developing Type 2 diabetes. Call Jen to determine your eligibility and to sign up at (507) 978-6464.

Register at [vinevolunteers.org](https://vinevolunteers.org)  
or call (507) 387-1666

## PLAY & SOCIALIZE

### GAMES & GROUPS

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

#### 500

S

Wednesdays: 9:30 – 11:30 am

### BILLIARDS

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Open during building hours - all equipment provided.

### BINGO

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Wednesday, Aug. 12: 12 – 1 pm

### CRIBBAGE

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Tuesdays: 1 – 3 pm

### DEVINE SINGERS

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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

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Mondays & Wednesdays: 1 – 4 pm

Call Raj (507) 351-0133 to join.

### GAMES ON THE PATIO

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Fridays (weather permitting)

Enjoy a leisurely game of bags, Jenga and cards on the Member Retreat Patio.

### THANKS TO OUR NEWSLETTER SPONSORS!

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



### GET YOUR YARN ON

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Wednesdays: 10 – 11:30 am

Bring your own craft and supplies.

### MAHJONG

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Mondays: 12:30 – 3 pm

Fridays: 10 am – 12 pm

Registration required. Call Susan (507) 571-0091 to join.

### MEMBERS FUN HOUR

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

Aug. 19: Book Club, "Unmasking AI" by Dr. Joy Buolamwini, MSU-Mankato's 2026 Common Read. Join this community-wide conversation by reading along this summer and take part in fall events like discussions, a film screening and a guest speaker. Explore the impact of artificial intelligence, including important questions around bias, ethics and our shared future.

### SOLO AGERS

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August 31: 12 – 1 pm

Held the last Monday of the month. Solo agers gather in a welcoming supportive space.

### MEMOIRS

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Tuesdays: 10:30 am – 1 pm

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

### CELEBRITY CIPHERS

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- Thursdays, Aug. 20 – Sept. 10  
3 – 4 pm

Challenge your brain in Celebrity Ciphers! Decode famous quotes in this beginner-friendly class that builds focus, confidence and problem-solving skills all while having fun.

### PING-PONG

B

Open play - all equipment provided.

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

Fridays: 12:30 – 2:30 pm



### SOCIAL BRIDGE

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Thursdays: 2 – 4 pm

Call Arlyce (507) 317-0617 to join.

### SPELLERS

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Fridays: 10 – 11 am

Practice spelling for fun with peers.

### VINE AFTERNOON CARDS

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Fridays: 2 – 4 pm

Play a different card or board game each week.

### VINE STOMPERS

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.

  
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## ART QUEST STUDIO



**Tuesdays: 1 – 3 pm**

Art Guild with Open Studio  
(bring your own supplies)

Please note, there will be no art classes on Wednesdays or Thursdays in August. Classes will begin again in September. Even though we do not have classes in August, we don't want you to stop creating art. Please visit the front desk or [vinevolunteers.org](http://vinevolunteers.org) for ideas you can do from home this month.

## 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

"Wander & Wonder: A Photographic Exhibit from Home & Abroad" is on display through September 10.

There is a familiar adage which says, "the more we know the less we understand." Photographer, Benji Inniger has been fortunate enough to travel with his camera making this expression become more relevant as the world seems to grow the more it is covered. Whether you are experiencing these sights for the first time or reliving them from your own memories, enjoy highlights from some wanderings in recent years, both home and abroad.

## PATIO TUNES WITH THE WENDT SISTERS



- Tuesday, Aug. 11  
5:15 – 6:45 pm
- \$5 for Basic member or guest

Enjoy a relaxing summer evening on the patio with live music from The Wendt Sisters! Brenda and Lynda perform a lively mix of hits from the 1950s to today. Bring a friend, a lawn chair and enjoy great music and even better company.

## JOIN THE JAM!



- Thursday, Aug. 13, 2 – 3:30 pm

Got an acoustic guitar? Join Bob Little for a laid-back jam session! Bring your acoustic guitar and enjoy making music alongside fellow VINE members. It's a great way to connect and play.



**STAY CURIOUS! STAY CONNECTED!**

Join Us  
Today!

Expert Speakers & Engaging Discussions  
Film & Book Groups  
Social Activities, Community, & Connection

Learn More About Our Non-Profit Group for Adults 55+

## Mankato Area Lifelong Learners

For more information, access the [newsletter online:](https://mankato.mnsu.edu/mankato-area-lifelong-learners)  
<https://mankato.mnsu.edu/mankato-area-lifelong-learners>  
Or Call: 507-389-2011 (Monday-Friday, 9am- 1pm)



**Mankato &  
North Mankato**



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*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:

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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

**8/6:** Sibley Park (near Bandshell)

**8/13:** MSU Lot 1 (Ellis Ave S)

**8/20:** Lake Washington Park (N. Parking Lot of N. Shore Dr.)

**8/27:** Hiniker Pond (Butterworth St 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

**8/4:** Spring Lake Park (Shelter 3)

**8/11:** Madison Lake (Parking lot by Anchor)

**8/18:** Vetter Amphitheater

**8/25:** Kwik Trip (921 Coneflower Ln.)

### WALK WITH A DOC

• Tuesday, Aug. 11

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, Aug. 18

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, Aug. 20

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: LE CINQUE TERRE, ITALY



- Through 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) 978-6464 to learn more or register. **Must pre-register.**

Supported in part by:

**TAI CHI FOR ARTHRITIS & FALLS PREVENTION LEVEL II**

- Mondays & Wednesdays,  
August 3 – 26  
10 – 11 am

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

Free for Premium members, \$30 Basic, Social or non-members. Must have taken level 1.

**DIABETES PREVENTION PROGRAM (DPP) INFORMATION SESSION**

- Tuesday, Sept. 8  
9 – 10 am

Learn about VINE's Diabetes Prevention Program and ask questions. Call Jen to determine your eligibility and to sign up: (507) 978-6464. The information session is free and open to the public.

**DIABETES PREVENTION PROGRAM (DPP)**

- Tuesdays, starting Sept. 15  
9 – 10 am

A free, 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.

This program is free and open to the public. Call Jen to determine your eligibility and to sign up at (507) 978-6464.

**VIRTUAL GLP-1 DIABETES PREVENTION PROGRAM INFORMATION SESSION**

- Tuesday, Sept. 15  
10 – 11 am

Learn about VINE's Diabetes Prevention Program and ask questions. Call Jen to determine your eligibility and to sign up at (507) 978-6464. The information session is free and open to the public.

**VIRTUAL GLP-1 DIABETES PREVENTION PROGRAM**

- Tuesdays, starting Sept. 22  
10 – 11 am

A free, 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 who are also taking GLP-1s.

**NEXT STEP: KNEE RECOVERY**

- Mondays & Wednesdays,  
Sept. 14 – Nov. 4  
3 – 4 pm

After your knee replacement and physical therapy, join this supervised, evidence-based small group to regain strength, flexibility and stamina.

Cost: \$200 Social and public, \$80 Basic and Premium members.



Camy Maes

**VINE MISSION SPOTLIGHT**

Camy Maes first enrolled in the Diabetes Prevention Program (DPP) in 2023 with the goal of lowering her A1c and preventing Type II diabetes. As a retired nurse, she witnessed firsthand the many complications and challenges that can come with managing the disease.

During her time in the program, Camy valued the compassion and camaraderie within the group. Participants supported one another by sharing ideas and information about healthy eating, physical activity and stress management. One of her biggest takeaways was that even small amounts of weight loss and increased movement can lead to meaningful, lasting improvements in overall health. Those small steps add up over time. "Learn today and apply these skills for the rest of your life," Camy said.

After completing DPP, Camy trained to become a Lifestyle Coach and is nearing the end of her first year leading a cohort. She emphasizes that every participant comes in with different experiences and goals. Her approach is to provide the building blocks, allowing each individual to learn how to put them together in a way that works for them.

DPP offers a positive and supportive experience, meaningful friendships, the tools to help prevent Type II diabetes and prioritize your health in a lasting and impactful way.

## 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](mailto: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: Jake Marzinske. Jake got his degree in Exercise Science from Bethany



Jake Marzinske

Lutheran College. In his free time, Jake likes playing volleyball, hanging out with family and friends, practicing organ/piano and relaxing. His motto is "move it or lose it." It's hard to get up and move it alone so let's move it together.

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

Questions? Contact Jen at [jenw@vinevolunteers.org](mailto:jenw@vinevolunteers.org) or (507) 978-6464 to learn more or sign up.





# DEXA FIT

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



### VO<sub>2</sub> 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](http://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 private 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 8/28)*

## Saturdays

*(no lap swimming on Saturdays)*

8:45 – 9:30 am  
10:15 am – 12:45 pm



## FRIDAY FAMILY FUN



- Friday, Aug. 28  
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](http://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  
8/1: Aqua 3  
8/8: Aqua 2  
8/15: Aqua Yoga  
8/22: Aqua 2  
8/29: Aqua Kickboxing



## 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.

## HEALTH & WELLNESS

### GROUP EXERCISE CLASSES IN THE GATHERING ROOM

Register for classes at (507) 387-1666 or [vinevolunteers.org](http://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

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  
8/1: Circuit Craze  
8/8: Boot Camp  
8/15: Stretch & Flex  
8/22: Move it More  
8/29: Strike Strong



### 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.



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.



## 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  
1 – 1:45 pm: Chair Yoga  
2 – 2:45 pm: Yogalates

## 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

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  
8/1: Yoga for Health  
8/8: Yoga for Health  
8/15: Yoga for Health  
8/22: Chair Yoga  
8/29: 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 relieve 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*

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

## GIVING BACK

### VINE MEMORIALS

VINE gratefully acknowledges contributions received in June in honor of Michael Flesland, Earl Gildemeister, Todd Kenward, John Marso, Dan Scheurer and Cynthia White.

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](mailto: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](http://vinevolunteers.org) for more information or contact Alex at [alexm@vinevolunteers.org](mailto: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](http://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 Snyder at (507) 479-1899.



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## CEO CORNER UPDATE

As you read this month's cover story about VINE's partnership with MSU, I hope you feel the same sense of gratitude I do.

MSU students provide valuable services, bring fresh ideas to VINE and learn alongside older adults whose wisdom and life experiences cannot be found in a textbook. VINE members, in turn, help shape future professionals by sharing their stories and perspectives.

The connection also runs deeply through VINE's story. Our founder, Pam Determan, started the organization as part of her graduate work at MSU. Many VINE staff members are MSU graduates and some first came to us as interns before becoming part of our team. Adam Massmann and Isaac Eissinger are examples of how student experiences can grow into meaningful careers. We continue to host interns, giving students hands-on experience while strengthening VINE's work. We also have board members with strong MSU ties, including retired faculty members Mary Bliesmer and John Frey.

Our partnership with the Chesley Center on Aging has been essential. Dr. David Beimers and his graduate students led the assessments, analysis and focus groups that shaped the Age-Friendly Mankato and North Mankato action plan. Their work kept the plan rooted in community input.

Simply put, VINE would be very different without MSU. Together, we are honoring a long shared history while helping imagine a community where aging is valued, connection is intentional and every generation has something meaningful to learn and contribute.

— 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.

### Kingdoms of Southeast Asia: February 24 – March 13, 2028

Delve into an ancient and mysterious world of rural landscapes, bustling cities and fascinating history in Southeast Asia. This is an incomparable, small group travel experience with a mosaic of culture and history.

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



## VOLUNTEER SPOTLIGHT

After retiring and losing his wife, Randy Lunsten was looking for a way to stay active and give back in a way he knew would have made her proud. In 2025, that journey led him to VINE.

Randy began volunteering as a Hot Meals on Wheels driver, delivering more than just nutritious meals, he also brings a friendly smile and meaningful connection to those he serves. When VINE learned he had previously worked at DeGroot's, he was invited to lend his skills at the VINE Home Thrift Store too. He gladly said yes.

Today, Randy volunteers at the thrift store three days a week and continues delivering meals every other week. At the thrift store, Randy enjoys the variety of projects that come his way, from testing electronics to repairing and preparing donated items for sale. "It's fun," Randy says. "And I really enjoy the people I work with."

When asked why others should volunteer, Randy says it simply: it keeps you busy and gives you a sense of purpose.

Thank you, Randy, for sharing your time, talents and kindness with our community. We are so grateful to have you as part of the VINE family!

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



#### OPEN:

Tuesday – Saturday  
10 am – 6 pm

77 Star Street, Mankato

(507) 387-2699

[vinestore.org](http://vinestore.org)

As August rolls in, the VINE Home Thrift Store fills with fresh energy, students returning and empty spaces ready to become cozy homes. Whether you're filling up a dorm, apartment or house, the thrift store is your go-to destination for affordable, one-of-a-kind finds.

Join us on Saturday, **August 15** for our Anniversary Sale and enjoy **17% off everything!**

With National Thrift Store Day on August 17, it's the perfect time to shop secondhand treasures or pass along gently used items. Donations are accepted Tuesday through Saturday from 10 am–5:30 pm, and every item donated or purchased supports VINE's programs for older adults in our community.



*Donate • Shop • Volunteer*

