

THE VIEW from VINE

SEPTEMBER 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**
Sept. 7 for Labor
Day.



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



LOVE YOUR AGE VINE'S 55+ EXPO - SEPTEMBER 29

Join us for an afternoon of connection, discovery and fun at the Love Your Age VINE's 55+ Expo presented by Monarch Healthcare Management, happening Tuesday, September

29, from 1–4 pm at the Mankato Civic Center. This free event features 80+ vendors offering valuable resources, services and opportunities designed to support healthy, engaged aging.

Enjoy a lively performance by the VINE Stompers, followed by a healthy aging presentation from Monarch Healthcare Management. Then, don't miss one of this year's highlights, live music from the Mary Guentzel Jazz Quintet!

New this year, MSU-Mankato Dietetics students will be on site sharing practical nutrition tips and information and the VINE Art Group will host a make and take paper bouquet project, perfect for getting creative.

Attendees can also take advantage of free health assessments provided by VINE staff and MSU students, an onsite vaccine clinic and complimentary goodie bags while supplies last. With so much to explore, there's something for everyone.

Attendees can enjoy:

- Complimentary goodie bags
- Free health assessments
- Onsite flu vaccine clinic
- Free snacks and refreshments
- 10 exciting door prizes
- Free parking at the Mankato Civic Center
- Or new this year, park at the Madison East Center and ride the City of Mankato bus for just 75 cents

Interested in volunteering? We'd love your help! Sign up at vinevolunteers.org/expo.

We look forward to seeing you **September 29** at the Mankato Civic Center! No registration required. Bring your family and friends for a fun time at the Love Your Age VINE's 55+ Expo!

LOVE *your* AGE
 VINE'S 55+ EXPO

PRESENTED BY 
MONARCH
HEALTHCARE MANAGEMENT

SCHEDULE:

1 – 4 pm: Expo (in Grand Hall)

1:30 – 4:30 pm: Entertainment
(in Banquet Hall)

1:30 – 2 pm: VINE Stompers performance

2:15 – 2:45 pm: "The Power of Movement" by Monarch Director of Rehab, Stephanie Smook, MA, OTR/L

3 – 4:30 pm: Mary Guentzel Jazz Quintet

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.

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Old Main Village
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Steinbach Hearing Clinic
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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.

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

FIVE WISHES LIVING WILL/ ADVANCE DIRECTIVE

- Wednesday, Sept. 16
4 – 5 pm
- Cost: \$5 for the document

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

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

MENTAL HEALTH CARE

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 to learn more.

Services supported in part by:



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:



NEED A RIDE?

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

Fares are based on distance:

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

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



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. 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
Sept. 1, 10 – 11 am
- 2nd Wednesday of the month
Sept. 9, 1 – 2:30 pm
- 3rd Wednesday of the month
Sept. 16, 5:15 – 6:30 pm
- 3rd Thursday of the month
Sept. 17, 3 – 4:15 pm

VACCINE CLINICS AT VINE

- Tuesday, Sept. 15: 9 am – 12 pm
- Monday, Sept. 21: 9 – 11:30 am

Stay healthy this season by getting your vaccines. Please bring your insurance card. Registration requested at vinevolunteers.org or (507) 387-1666. Walk-ins also welcome.

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 or (507) 387-1666.

S

THE RIGHT WORDS: POETRY READING & OPEN MIC

- Thursday, Sept. 10
- 10 am – 12 pm
- Deborah Goschy, Southern Minnesota Poets Society



Enjoy poems by Deborah Goschy, award-winning poet, experienced performer, member of the Southern MN Poets Society and a judge for the Poetry Out Loud poetry recitation contest. Goschy's poems tell stories from childhood, young adulthood and midlife, blending, wit, warmth and humor. If you're a poet, you're invited to share your words during the open mic.

BEHIND THE LENS: HAWAII

- Thursday, Sept. 10
- 1 – 2 pm
- Benji Inniger, Photographer

Join us for a photography tour of the Hawaiian Islands, capturing the breathtaking landscapes, vibrant wildlife above and below sea level and unforgettable moments discovered while traveling across the Paradise of the Pacific.

ECUADOR

- Friday, Sept. 11
- 11 am – 12:30 pm
- Linda Good & Karen Willyard,



World Travelers

Join Linda and Karen as they share stories and highlights from their travels through Ecuador. Discover Quito, one of the highest capital cities in the world, nestled in the Andes and home to a UNESCO World Heritage historic district featuring stunning churches, the presidential palace and the Archbishop's Palace. Experience breathtaking mountain views from a gondola ride, learn about a unique equatorial phenomenon called the Coriolis Effect and journey to Otavalo, known for its vibrant Indigenous culture. They'll share visits to a waterfall, traditional music, wool-spinning demonstrations and a glimpse into daily life in an Indigenous home.

SMRLS WILLS CLINIC

- Monday, Sept. 14
- 11 am – 2 pm (by appointment only)
- Southern MN Regional Legal Services (SMRLS)

SMRLS is holding a legal services clinic to provide lower income seniors the opportunity to obtain free wills, health care directives and power of attorney documents. Attendees will work individually with an experienced estate planning attorney to review their situations and finalize their documents. These services are free, but are aimed at low-income individuals. Attendees must call SMRLS at 877-696-6529 to be screened for eligibility and schedule an appointment.

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

THE PAINTINGS OF WILLIAM BUKOWSKI

- Tuesday, Sept. 15
- 11 am – 12 pm
- William Bukowski, Artist

William Bukowski, a longtime Mankato resident, is a celebrated local artist known for his detailed, realistic style. A former instructor at Bethany Lutheran College, his commissioned works can be found throughout Mankato and the Twin Cities, including familiar Sibley Park landscapes, a permanent installation at Pathstone and artwork in several local churches. His work also appears in Minneapolis Children's Hospital, St. Paul Children's Hospital and Abbott Northwestern, where a 30-foot painting and nearly 30 additional pieces are on display. Inspired by the European painting tradition, William continues to study original works abroad, bringing that influence into his own art. Join us as he shares his experiences, inspiration and the stories behind his work.

BOOK DISCUSSION: "THE RUBAIYAT"



- Wednesday, Sept. 16 & 23
- 12 – 1:30 pm
- Tom Hagen, Discussion Leader

Join Tom for a guided discussion of The Rubaiyat of Omar Khayyam, a brief yet deeply resonant collection of poetry verse. Though short in length, the work explores timeless themes of life, mortality, love and the passage of time with wit and philosophical depth. Together, you will unpack its layered meanings around its enduring relevance. Bring a copy of the Fitzgerald first

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edition to both sessions. A free digital version is available through Project Gutenberg, or you may use a personal copy.

MID-YEAR UPDATES FROM THE CITY OF MANKATO

- Thursday, Sept. 17
- 12 – 1 pm
- Susan Arntz, Mankato City Manager

Mankato City Manager, Susan Arntz will share key updates on current city projects, council actions and look at what projects are ahead for the community.

NOURISH TO FLOURISH: BLOOD SUGAR FRIENDLY RECIPES @ MSU

- Friday, Sept. 18
- 11:30 am – 1 pm
- Emma Smith, MSU-Mankato Department of Family & Consumer Science & Students



In this hands-on class, participants will explore simple, delicious recipes designed to support healthy blood sugar levels. Learn practical tips for ingredient swaps, balanced meals and everyday cooking strategies that make a difference. Participants will prepare recipes, enjoy their food and leave with the confidence to create blood sugar-friendly meals at home.

Cost: \$10 per session. Pre-registration is required by 9/14.

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

COMPUTER UNIVERSITY: BACKUP SOLUTIONS

- Monday, Sept. 21
- 5:30 – 7 pm
- Mankato Computer Technology



Learn about data backup solutions and why protecting your digital files is more important than ever. Hear about the risks of data loss, from hardware failure to malware and accidental deletion, along with an overview of different backup options and how to choose the right one for your needs. Gain practical tips for setting up and maintaining backups, plus guidance on addressing common concerns and challenges.

MSU THEATER SNEAK PEEK

- Tuesday, Sept. 22
- 11 am – 12 pm
- Corrie Eggimann & Nick Wayne, MSU-Mankato Department of Performing Arts

Join Nick and Corrie from MSU for an inside look at the upcoming Theatre and Dance season. Corrie will share highlights and what audiences can look forward to this year, while Nick offers a preview of the first productions on stage. You'll also enjoy a special sneak peek featuring cast members from Mean Girls, opening October 1.

VIRTUAL @ VINE: HISPANIC HERITAGE MONTH: THE LATINO BASEBALL CONNECTION

- Tuesday, Sept. 22
- 3 – 4 pm
- CILC & the National Baseball Hall of Fame

A celebration of the rich influence and enduring legacy of Latino

players in shaping the history, culture and spirit of baseball.

SMART DEVICE TRAINING FOR SENIORS

- Thursday, Sept. 24
- 10 am – 12 pm
- Spectrum Simulcast Program



Build your digital skills and learn how to protect your personal information online with basic cybersecurity skills. This session will cover using apps for transportation, healthcare and staying connected with family and friends. Learn tips for navigating the digital world confidently. Please bring your own cell phone, laptop or tablet. Registration is required. This is a simulcast presentation with in-person support available.

FOOT CARE CLINIC

- Wednesday, Sept. 30
- 1 – 4:30 pm (30-minute appointments)
- Cost: \$10
- Mayo Family Medical Doctor Residents & MSU College of Allied Health and Nursing

Mayo Family Medicine residents are bringing vital foot care services to VINE to help keep you moving comfortably. Residents will perform a basic pedicure consisting of toenail trimming, filing and gentle cleaning, paired with a comprehensive foot health assessment. Pre-registration is required by calling (507) 387-1666 or visiting vinevolunteers.org.

**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



Wednesdays: 9:30 – 11:30 am

BILLIARDS



Open during building hours.

CRIBBAGE



Tuesdays: 1 – 3 pm

DEVINE SINGERS



Mondays: 1 – 2 pm

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

DUPLICATE BRIDGE



Mondays & Wednesdays: 1 – 4 pm

Call Raj (507) 351-0133 to join.

GAMES ON THE PATIO



Fridays (weather permitting)

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

GET YOUR YARN ON



Wednesdays: 10 – 11:30 am

Bring your own craft and supplies.



MAHJONG

Mondays: 12:30 – 3 pm

Fridays: 10 am – 12 pm

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

MEMBERS FUN HOUR



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

Sept. 16: Game Night - Pokeno. Bring a \$10 wrapped gift to play.

SOLO AGERS



Sept. 28: 12 – 1 pm

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

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



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

MEMOIRS



Tuesdays: 10:30 am – 1 pm

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

PING-PONG



Open play - all equipment provided.

Mondays & Wednesdays:

10:30 am – 12:30 pm

Fridays: 12:30 – 2:30 pm



SOCIAL BRIDGE



Thursdays: 2 – 4 pm

Call Arlyce (507) 317-0617 to join.

SPELLERS



Fridays: 10 – 11 am

Practice spelling for fun with peers.

VINE AFTERNOON CARDS



Fridays: 2 – 4 pm

Play a different card or board game each week.

VINE STOMPERS



Wednesdays: 2:15 – 4 pm

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

UKULELE LESSONS

- Fridays, Sept. 11 – Dec. 11
Beginners: 11:30 am – 12:30 pm
Intermediates: 12:40 – 1:40 pm
- \$150 for members, \$200 for non-members

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

MSU COMMON READ

Join the community-wide conversation around MSU-Mankato's 2026 Common Read, *Unmasking AI* by Dr. Joy Buolamwini, which explores AI, bias, ethics and our shared future.

Rethinking Relationships in the Age of Chatbots

Sept. 9, 4–6 pm
CSU Ballroom North
Interactive discussion on AI, chatbots and human connection.

Coded Bias Film Showing

Sept. 22, 5–6:30 pm
MSU Memorial Library

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.**Sept. 9, 16 23 & 30:** Learn the basics of drawing a portrait using paint and lots of imagination. Students must supply their own canvas no bigger than 11x14.**Thursdays: 1 – 3 pm**Art For Everyone (supplies provided) Class size limited to 30.
Registration required.

Kunisaiga Series: Painting with Fabric

Sept. 3: Choosing Fabric Samples for Kunisaiga**Sept. 10 OR 17:** Painting with Fabric. Must attend on September 3 to sign up for September 10 or 17**Sept. 24:** Kunisaiga Showcase

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.

VINE Member's Textile Show, "Celebration In Texture," opens on October 1. Artists may bring in work Sept 23 and 24 from 1–3 pm to the 5th floor. Weavings and quilts must be mounted on a rod for hanging.

VINE's Holiday Market

Any member who creates handmade items or art can participate in VINE's Holiday Market. This year, we can also sell food items. Ask for contact information at the reception desk.

THANKS TO OUR NEWSLETTER SPONSORS!

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


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Mankato & North Mankato



**DEMENTIA
RESEARCH
SUMMIT**

Discover your impact in advancing brain health.

**Tuesday, October 20, 2026
8am-4pm**

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

Featuring Mayo Clinic Alzheimer's Disease Research Center Guest Speakers -



Dr. Ryan Coburn,
Neurologist



Angela Lunde,
MA, Associate in
Neurology

Presenting Sponsor:
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Register today! | katoactonalz.org

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

9/3: Weagel Park

9/10: Benson Park

9/17: Riverfront Park

9/24: Red Jacket Trail (trestle side)



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

9/1: Sibley Park (Bandshell)

9/8: Sakatah Trail (Hwy 22 parking lot near Wickersham)

9/15: Red Jacket Trail (Doc Jones Rd & County Rd 1)

9/22: Spring Lake Park (Shelter 3)

9/29: Minnemishinona Falls (Rockford Rd)

WALK WITH A DOC

- Tuesday, Sept. 8
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, Sept. 15
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, Sept. 17
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 class is for individuals with cognitive impairment and their caregiver. The workout focuses on strength, flexibility and endurance. Exercises can be done seated and modified for all ability levels. To register or learn more, call Jen at (507) 978-6464.

BALANCE ASSESSMENTS

- Wednesday, Sept. 23
9 am – 12 pm

VINE is partnering with Mankato Clinic to offer free 10-minute balance assessments. Register online or call (507) 387-1666. Walk-ins welcome.

EAR CLEANING & HEARING ASSESSMENTS AT VINE

- Wednesday, Sept. 23
1:30 – 4:30 pm
- Cost: \$5 for VINE members; \$10 for non-members.



Faculty-led MSU students are providing ear cleanings and hearing assessment appointments at VINE. Registration is required.

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:

**LIFESTYLE CHANGE PROGRAM DIABETES PREVENTION INFORMATION SESSION**

- Tuesday, Sept. 8
9 – 10 am

Learn about VINE's Lifestyle Change 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.

LIFESTYLE CHANGE PROGRAM DIABETES PREVENTION

- Tuesdays, starting Sept. 15
9 – 10 am

A free, proactive approach to empowering individuals to make healthier lifestyle choices to build improved eating habits, increase physical activity, manage stress, and set goals while staying motivated for long-term success.

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 LIFESTYLE CHANGE 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 LIFESTYLE CHANGE PROGRAM DIABETES PREVENTION

- Tuesdays, starting Sept. 22
10 – 11 am

A free, proactive approach to empowering individuals to make healthier lifestyle choices to build healthier eating habits, increase physical activity, manage stress, and set goals while staying motivated for long-term success 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.

TAI CHI FOR ARTHRITIS & FALLS PREVENTION

- Mondays & Wednesdays,
Sept. 14 – Nov. 4
10 – 11 am

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

Free for Premium members, \$30 Basic, Social or non-members.

TAI JI QUAN

- Mondays, Wednesdays & Fridays, Sept. 28 – Nov. 20
11:30 am – 12:30 pm

A free program with movement patterns to improve coordination, range of motion and strength for fall prevention. Adaptations made for low vision.

MSU & VINE NUTRITION OPPORTUNITIES

VINE is proud to partner with MSU-Mankato to expand nutrition education and wellness opportunities in our community. This fall, participants can enjoy Nourish to Flourish cooking classes, nutrition presentations, Ask a Dietetic Student events, monthly nutrition challenges and supervised one-on-one nutrition counseling. Watch for program dates and registration details!

ONE-ON-ONE NUTRITION COUNSELING

Looking for personalized nutrition guidance? VINE is excited to offer one-on-one nutrition counseling sessions in partnership with MSU-Mankato's Nutrition and Dietetics program. These sessions provide an opportunity to meet individually with a dietetic student, under the supervision of a registered dietitian, to discuss your nutrition goals, meal planning and other nutrition-related questions.

Appointments are available in person or online.

Interested in participating? Contact Jen at (507) 978-6464 for upcoming appointment availability.

Sessions are available in a series of three for \$60.

HEALTH & WELLNESS

FREE FITNESS ASSESSMENT



Fitness assessments evaluate your physical fitness and can be a useful way to track your progress. Fitness assessments are free for Premium members.

Contact Jen at (507) 978-6464 to schedule an appointment.



VIRTUAL VINE



Work out from home with your favorite VINE instructors, any day, any time! Our Virtual VINE page has several on-demand classes for our members. For instructions on accessing these videos, email Jen at jenw@vinevolunteers.org.

PERSONAL TRAINING



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

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

Meet one of our personal trainers: Jen Wunderlich! She holds a master's in Exercise Physiology from



Jen Wunderlich

MSU-Mankato and specializes in supporting individuals with chronic conditions and joint replacements through fun, balanced and effective workouts.

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

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



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



VO₂ Max Test

Measures cardiovascular fitness and endurance

Ideal for adults who want to:

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



Know your numbers. Support your future self.

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



1651 Commerce Dr., #200
North Mankato, MN

WARM WATER POOL



VINE's 89-degree heated pool is used for exercise classes and swimming. An accessibility lift allows adults of varying degrees of ability to enjoy the pool. Men's, women's and 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 9/25)*

Saturdays

(no lap swimming on Saturdays)

8:45 – 9:30 am
10:15 am – 12:45 pm



FRIDAY FAMILY FUN



- Friday, Sept. 25
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 **no class 9/29*
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
9/5: Aqua Kickboxing
9/12: Aqua Yoga
9/19: Aqua 3
9/26: Aqua 2



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.

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 - 12:15 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 - 12:15 pm: Strike Strong
1 - 1:45 pm: Parkinson's Powerful Principles
1 - 2 pm: Forever Fit

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
9/5: Circuit Craze
9/12: Stretch & Flex
9/19: Bootcamp
9/26: Move it More



GROUP EXERCISE CLASS DESCRIPTIONS



STRENGTH



CARDIO



BALANCE & RELAXATION



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



Boot Camp a high-intensity class getting down & up from the floor with relative ease. *Level 4F*



Circuit Craze full-body workout combining a variety of movements in a fast-paced session. *Level 3F*



Combo Fit offers a combination of strength, cardiovascular & flexibility exercises – lots of movement. *Level 3*



Forever Fit is suitable for all fitness abilities. Build strength, flexibility & endurance for everyday life. *Level 1*



Kickboxing high-energy movement excellent for building full-body strength, enhancing agility & relieving stress. *Level 3*



Move it More is an aerobic & strength workout for those with little or no difficulty with balance & walking. *Level 2*



Parkinson's Powerful Principles focuses on large & fine motor muscles to improve balance & coordination. *Level 1/2*



Picklebands uses resistance bands to strengthen your muscles & prevent injury while listening to your favorite bands. *Level 2*



Pilates emphasizes proper postural alignment & core strength. Bring a mat & pillow. *Level 3F*



Roll & Restore uses Yoga Tune-Up Balls to increase healthy movement patterns. *Level 1F*



Stretch & Flex includes a gentle warm up for your body, then working on flexibility throughout the body. *Level 1F*



Strike Strong incorporates drumsticks, a stability ball & music for a fun full-body workout. *Level 2*



Total Body Strength works the upper & lower body using free weights, bands, body bars & medicine balls. *Level 3F*



Zumba® dance moves designed for older adults. *Level 2/3*

Level 1: Gentle movement & mobility - perfect for getting back to exercise, mobility challenged or injury recovery.

Level 2: Steady & strong - introduces more dynamic movement with low impact.

Level 3: Active & energized - moderately paced class, moving freely & independently.

Level 4: Anything goes - high-energy class with challenging movements.

REGISTRATION REMINDER

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



MEMBER REMINDER

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



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

8 – 8:45 am: Chair Yoga **new class beginning 9/2*

9 – 9:45 am: Chair Yoga

11:30 am – 12:30 pm: Yoga for Health **new time*

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

11:30 am – 12:30 pm: Therapeutic Yoga **new class beginning 9/16*

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

9/5: Yoga for Health

9/12: Yoga for Health

9/19: Yoga for Health

9/26: Chair Yoga



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 July in honor of Dave Janovy, Katherine Melarvie, Bob McCullough, Jane Ralston and Margo Wheeler.

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

ROOM RENTALS AVAILABLE

The VINE Adult Community Center has several rooms available to rent. It's the perfect venue for your upcoming holiday, birthday, anniversary or retirement party. Visit vinevolunteers.org for more



information or call (507) 387-1666.

COMPANION SERVICES

Social connection plays an important role in healthy aging. Through the Senior Companion Program with Lutheran Social Service of Minnesota, trained volunteers are matched with older adults who may feel isolated or would enjoy regular visits. Companions provide meaningful social interaction that can brighten the day and help individuals stay connected to their community. For more information, contact Fred at (507) 479-1899.

BIRTHDAY FUNDRAISER



If you don't need more stuff, consider creating a birthday fundraiser on Facebook to benefit VINE. This gives your friends and family the opportunity to give a financial gift to VINE in your honor. Several VINE members and volunteers have participated in this selfless opportunity and we are very grateful. Call (507) 386-5573.

BLOOD DRIVE AT VINE



- Friday, Sept. 11
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.



FREE (507)769-0828
CONSULTATIONS

Choose Synergy HomeCare for compassionate, dependable support that helps your loved one remain safe, comfortable, and cared for wherever they call home. Our team provides personalized non-medical care, companionship, respite support, and assistance with daily needs, giving families peace of mind and loved ones the consistency they deserve.

Where Giving Fits In.

Not sure how charitable giving fits into your will, estate, or legacy plans?

We partner with you and your trusted advisor to make it easy, meaningful, and connected to your community.

MAF MANKATO AREA FOUNDATION
507.389.4583 mankatoareafoundation.com

CEO CORNER UPDATE

One of the things I value most about VINE is the way we bring people together, not only with programs and services, but also with one another.

Our Love Your Age 55+ Expo is a terrific example. More than 1,000 older adults will come together to learn about community resources, services and opportunities that can make life healthier, easier and more enjoyable. It's an energetic day and a reminder of how much our community has to offer.

We are also launching new programming for Solo Agers. People may consider themselves Solo Agers for a variety of reasons, but they share an interest in creating the relationships and plans that will help them age well. The programming is taking shape in three ways. Social opportunities will help people meet others who want to make friends and enjoy activities at VINE and in the community. Educational programs will address practical topics important to Solo Agers. Backup Plan groups will allow small groups to build trust, support one another when needs arise and encourage each other to complete important tasks such as establishing powers of attorney and putting plans in place.

I find this work especially meaningful because connection is something none of us can take for granted. As we grow older, relationships and circumstances change and our world can begin to feel smaller. VINE is here to help keep it open to new friendships, meaningful experiences and community around us.

I hope you will join us on September 29 at the expo!

— 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. We'll handle the planning; you relax and enjoy.

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 & Tanzania: June 15–29, 2027

In the shadow of Mt. Kilimanjaro, embark on 7 safaris to seek out Africa's bucket list of animals. From the picturesque savanna in Kenya to the renowned Serengeti in Tanzania, this is the wild Africa of your dreams.

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 a small group travel experience with a mosaic of culture and history.

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



VOLUNTEER SPOTLIGHT

Roger has been a VINE volunteer for years, first as a Caring Connections volunteer and now as a dedicated helper at the annual Love Your Age 55+ Expo. His volunteer work dates back to the expo's very first year. As the event has grown and moved venues, Roger has been there every step of the way, lending a helping hand.

On expo day, you'll find Roger helping vendors load in and out, making sure everything runs smoothly behind the scenes. But for him, it's about more than logistics, it's about people. "The enthusiasm everyone has for VINE and the expo" is what drew him in, and it's the connections that keep him coming back. From staff to vendors, Roger values the sense of shared purpose and positivity.

What stands out most to him is how VINE brings people together. "It's like a big family," he says. Volunteering has given him a deeper appreciation for teamwork, patience and the power of community.

To anyone considering volunteering, Roger offers simple advice: "Come as you are, everyone is unique and needed."

Thank you, Roger. You help make the expo and VINE a welcoming place for all.

If you are interested in volunteering for the expo, sign up at vinevolunteers.org/expo.

 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: • Educational Presentations • Social & Interest Groups • Art Classes • Billiards Room	Includes: • Indoor Walking Track • Cardio Studio • Ping Pong • Trekking & Biking Groups • Line Dancing Group	Includes: • Everything in Social & Fitness Basic • Fitness Center • Warm Water Pool • Group Exercise Classes



OPEN:

Tuesday – Saturday
10 am – 6 pm

77 Star Street, Mankato

(507) 387-2699

vinestore.org

Back-to-school season is here, and the VINE Home Thrift Store is the perfect place to refresh your home for fall!

Discover affordable furniture, kitchen essentials, unique décor and one-of-a-kind treasures to make your space feel warm and welcoming, all at budget-friendly prices.

Ready to declutter? We gladly accept gently used donations Tuesday–Saturday, 10 a.m.–5:30 p.m. Every donation and purchase helps support VINE's programs for older adults in our community.

Stop in, shop, donate and find something you'll love this fall!



Donate • Shop • Volunteer



Best of 2026
3RD PLACE
MANKATO
MAGAZINE
The Free Press

