

THE VIEW from VINE

OCTOBER 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.



CELEBRATING AGING, CHALLENGING AGEISM

VINE recognizes the value older adults bring to our community and works to create opportunities for people to thrive throughout their lives. The need for this work is growing. By 2030, all

baby boomers will be age 65 or older and one in five Americans is expected to be of retirement age. VINE is committed to programs, services and community leadership that respond to the needs and strengths of our aging neighbors.

Through the Age-Friendly Mankato and North Mankato Coalition, VINE works alongside local governments, organizations and community members to make Greater Mankato a more welcoming, connected and inclusive place to grow older. VINE helped lead the community engagement and planning process that resulted in a three-year action plan and continues to bring partners together to turn priorities into meaningful improvements.

This fall, VINE will help plan AARP's Age-Friendly Rural Roundtable sessions and participate in and host the Age-Friendly Minnesota Regional Exchange for southern Minnesota. VINE is also helping sponsor the Dementia Research Summit on October 20 at the Mankato Civic Center, where VINE Caregiver Coach, Joyce Kolbet, will serve as a panelist. Later in October, VINE will join representatives from the State of Minnesota and Olmsted County to present on local age-friendly work at the American Planning Association Minnesota Conference in Mankato.

Join us for a special panel discussion and screening of the documentary *Aging in America: Survive or Thrive*. The film explores the possibilities of longer lives while examining challenges many older adults and caregivers face, including ageism, health care, economic insecurity, Alzheimer's disease and gaps in public policy. Through personal stories and expert perspectives, it asks what it takes to help people do more than survive as they age, but thrive.

October 9 is Ageism Awareness Day, an opportunity to recognize how ageism affects individuals and communities. Ageism includes stereotypes, prejudice and discrimination based on age. It can appear in assumptions about older adults' ability to learn technology, contribute at work or make their own decisions, as well as in jokes, advertising, health care and everyday conversations.

On October 9, VINE will host a presentation with Dr. Jeffrey Buchanan exploring ageism, its impact and why it matters. The program will include time to share experiences and participate in an open conversation.

(continued on pg. 2)

VINE SERVICES

VINE'S AGING WELL AT HOME SERVICES

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

- rides to appointments, stores, pharmacies, etc.
- meals delivered to your home
- yard work and lawn mowing
- caregiver support
- mental health care

For more information, contact a Community Living Coach at (507) 387-1666.

HOT MEALS ON WHEELS

VINE volunteers deliver a nutritious weekday noon meal to individuals in Mankato, North Mankato, Skyline, Le Hillier and Eagle Lake who have difficulty preparing meals on their own. In addition to a healthy lunch, recipients receive a friendly visit and daily safety check.

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

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

Proud Partner Agency



**Greater Mankato Area
United Way**

(continued from cover)

New at VINE, Age-Friendly Vibes greeting cards are available for purchase in the lobby. Created by Jan Golden, these cheerful cards replace tired "over the hill" messages with humor and appreciation.

This October, let's celebrate aging, challenge assumptions and support a Greater Mankato where every person can thrive at every stage of life.



MENTAL HEALTH CARE

As the seasons change and days become shorter and cooler, some people may experience changes in mood, energy or motivation. If you or someone you know is experiencing symptoms of depression, support is available.

VINE offers affordable mental health care for adults 60+ in Blue Earth, Nicollet and Le Sueur Counties through the PEARLS program, an evidence-based approach designed to help older adults manage symptoms of depression and improve overall well-being.

With support from a trained PEARLS Coach, participants develop personalized problem-solving strategies and explore activities that bring meaning, connection and enjoyment to daily life. Sessions can continue for several months and are available in person at VINE or virtually.

Sessions are just \$10 and no one is turned away because of inability to pay. If you or someone you know could benefit from PEARLS, contact Mary at (507) 386-5577.

Services supported in part by:



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.

RAKE THE TOWN

November 11–15

If you are 65+ or have a documented physical disability, live in Blue Earth or Nicollet counties and need help raking leaves, call Adam at (507) 386-5574. A short intake will be completed for those who haven't previously received the service. While there is no formal charge for this service, donations are requested to help cover our costs and continue to offer this service.



Services supported in part by:



VACCINE CLINIC AT VINE

- Tuesday, Oct. 13: 9 am – 12 pm

Stay healthy and get your vaccines! Bring your insurance card. Register at vinevolunteers.org or (507) 387-1666. Walk-ins welcome.

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 monthly Caregiver Support Groups at VINE. Groups are limited to 10 people. Please choose one group each month. Pre-registration is required. Call (507) 387-1666 or email vine@vinevolunteers.org. Please call to cancel if you can't attend. Support groups are free and open to the public.

If you need more support, please request Caregiver Consulting.

Mankato Support Groups at the VINE Adult Community Center

- 1st Tuesday of the month
Oct. 6, 10 – 11 am
- 2nd Wednesday of the month
Oct. 14, 1 – 2:30 pm
- 3rd Wednesday of the month
Oct. 15, 5:15 – 6:30 pm
- 3rd Thursday of the month
Oct. 21, 3 – 4:15 pm

CAREGIVER CONSULTING

Caregivers are the quiet heroes of our community. Whether you're supporting someone living with dementia, recovering from an injury, managing a disability or facing a progressive illness, caregiving can be meaningful but also exhausting.

VINE's Caregiver Consultants provide compassionate, confidential support tailored to your unique needs. Talk one-on-one about challenges, decision-making, coping strategies, goal-setting or finding additional resources. Consultations can take place at VINE, by phone or in your home. No topic is off-limits and no formal charge is required; donations are appreciated. Call (507) 387-1666 to schedule a consultation.

AGEISM AWARENESS

- Friday, Oct. 9
- 10 – 11 am
- Dr. Jeffrey Buchanan, MNSU Psychology Professor
- Free & open to the public

The World Health Organization describes ageism as an insidious scourge on society and up to 93% of older Americans report experiencing some form of ageism. This program will provide a brief overview of different types of ageism experienced by older adults, sources of ageist beliefs and the effects of ageism on older adults. The program will also have an open discussion where attendees can share their opinions and experiences with ageism.

AGING IN AMERICA: SURVIVE OR THRIVE DOCUMENTARY SCREENING & DISCUSSION

- Tuesday, Oct. 27
- 1 – 3 pm
- Amanda Holland, P.A.-C., Mayo Clinic, Jen Theneman, Southwest MN Housing Partnership & Dave Christianson, Regional Ombudsman for Long Term Care
- Free & open to the public

What does it mean to grow older in America? Join VINE for a screening of the documentary *Aging in America: Survive or Thrive*, exploring the challenges and possibilities of aging, including health care, caregiving, financial security, housing and social connection. Following the film, stay for a panel discussion featuring local professionals and community voices who will connect these issues to the realities facing local older adults.

Register at vinevolunteers.org or 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

MANKATO SYMPHONY ORCHESTRA STORIES OF FIRE

- Friday, Oct. 2
- 12 – 1 pm
- Mankato Symphony Orchestra Musicians
- Free & open to the public



Color, music and storytelling collide in this performance by the Mankato Symphony Orchestra (MSO). Inspired by vibrant Latino traditions, MSO brings the spirit of orchestra to life in a short performance. Watch a string quartet spark to life with music, meet storyteller August Jeske and join in hands-on musical fun that lights up the imagination.

This activity is made possible by the voters of Minnesota through a grant from the Prairie Lakes Regional Arts Council, thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.

MAKING WAVES: INSIDE THE FOUNTAINEER KMSU RADIO DRAMA TROUPE

- Tuesday, Oct. 6
- 11 am – 12 pm
- Shelley Pierce, KMSU

Discover how our creative community builds entire worlds using only sound. For the past half-decade, the Fountaineers have captivated local listeners

with everything from campy horror classics to brand-new original audio plays. Now, they are sharing their playbook with you. Explore the collaborative engine behind community radio drama. There will also be a live performance by the Fountaineers!

VIRTUAL WATCH PARTY @ VINE: NOBEL CONFERENCE, THE MIGHTY MISSISSIPPI

The 62nd Nobel Conference explores the Mississippi River's ecological, cultural and spiritual significance, as well as threats including climate change, invasive species and pollution. VINE will host a virtual watch event to view the conference livestreams together.

Tuesday, Oct. 6

9:00 am: Welcome and Nicholas Pinter: "300+ Years of 'Riparian Consent': Living with Floods Along the Mississippi"

10:15 am: Nick Estes: "At the Edge of Empire: The Mississippi River, Settler Colonialism and the Oceti Sakowin"

1:45 pm: Solomon R. David: "Ancient Fishes and the Modern Mississippi: Conserving the Past for our Future"

Wednesday, Oct. 7

9:20am: Lisa Schulte Moore: "All Together in the Watershed: Connecting What Happens on Land with What's in Our Water and What to Do About It and the Legacy of the 1927 Flood"

10:05 am: Ehab Meselhe: "The Mississippi River: A Century of Control, Consequences and the Legacy of the 1927 Flood"

12:45 pm: Beverly Wright: "Troubled Waters: How Race, Class and Climate Intersect Along the

Mississippi River"

1:30 pm: Kelly Applegate: "Indigenous Stewardship, Water, and the Future of Resource Decisions"

THE STATE OF AGRICULTURE

- Thursday, Oct. 8
- 1 – 2 pm
- Kent Thiesse, Farm Management Analyst

Take an informative look at the current agricultural landscape in our region and beyond. Kent will discuss local crop conditions, the effects of our summer weather and outlooks for the harvest ahead. He will examine the market forces, trends and issues affecting area farmers and rural communities. If you are a lifelong farmer, or just curious about the food grown in our region, get an update on agriculture today.

MSU LUNCH & LEARN: RECIPES FROM AROUND THE WORLD



- Friday, Oct. 9
- 11:30 am – 1 pm
- Faculty & Students from MSU Consumer Science Program
- Cost \$10; register by 10/6

Explore the world through food in this hands-on cooking class that celebrates dishes from diverse cultures. Learn techniques, ingredients and traditions while preparing flavorful recipes from around the globe, building culinary skills and cultural appreciation.

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

SOLO & SECURE: ESTATE PLANNING FOR SOLO AGERS

- Tuesday, Oct. 13
- 11 am – 12 pm
- Eric Sweeney & Jacqueline Tousley-Adelman, Attorneys

Are you aging solo, unmarried, widowed, divorced or without adult children? This seminar will help you plan confidently for the future. Learn how to choose trusted decision-makers, protect your medical and financial wishes, direct your assets to the people or causes you value and build a dependable support network as you age.

CAN DO CANINES! A NEW LEASH ON LIFE

- Wednesday, Oct. 14
- 11 am – 12 pm
- Sheila Ross, Director, Gwyn Rasmussen, Partner & Anton, Hearing Assist Dog



Discover how Can Do Canines transforms lives through the powerful partnership between people and trained assistance dogs. For more than 37 years, this Minnesota-based organization has provided assistance dogs at no cost to people with disabilities and community centers and hospitals across Minnesota and Wisconsin. Learn about their unique Prison Puppy Program, which partners with ten correctional facilities to help train these remarkable dogs for their important future roles.

THE SHRINE OF THE GROTTA OF REDEMPTION

- Thursday, Oct. 15
- 11 am – 12 pm

- Rose Walker, Director
- Step into the remarkable story of the Shrine of the Grotto of the Redemption in West Bend, Iowa. The Grotto is an extraordinary work of faith and art. Learn how Father Paul Dobberstein transformed a promise made during a serious illness into a breathtaking series of stone grottos portraying the story of Christian redemption. Built with agates, geodes, petrified wood, quartz and many other minerals, this one-of-a-kind Iowa landmark continues to inspire visitors from around the world.

COMPUTER UNIVERSITY: BUYING A NEW COMPUTER

- Monday, Oct. 19
- 5:30 – 7 pm
- Mankato Computer Technology



Buying a new computer can be exciting yet daunting. This beginner-friendly session covers key steps to make an informed decision: determining your needs (work, gaming, creative tasks, or general use) and choosing the right type of device—desktop, laptop or hybrid. Walk away with a clear checklist and confidence to pick the right computer.

CHOOSING THE RIGHT CARE AT THE RIGHT TIME

- Tuesday, Oct. 20
- 1 – 2 pm
- Dr. Artika Mirsa & Brandon Macemon, Mayo Clinic

When a health concern arises, it can be difficult to decide where to seek care, whether to visit the emergency department or urgent care, schedule a clinic appointment or use a virtual or walk-in service. Join us for a conversation about choosing the right level of care, especially when

symptoms occur unexpectedly. We will discuss common scenarios and explore convenient alternatives for non-emergency concerns with the goal being the ability to make informed, confident decisions and receive timely care in the most appropriate setting.

AROUND THE WORLD: THE GALAPAGOS ISLANDS

- Friday, Oct. 23
- 11 am – 12:30 pm
- Linda Good & Karen Willyard, World Travelers



Journey to the Galápagos Islands, a UNESCO World Heritage Site known for its incredible wildlife and volcanic landscapes. Explore encounters with giant tortoises, penguins, sea lions, marine iguanas and blue-footed boobies, along with highlights including Kicker Rock, Pinnacle Rock, Los Tuneles, the Charles Darwin Research Station and Sierra Negra Volcano. Linda and Karen will also share stories and adventures from island life.

UNDERSTANDING PERIPHERAL NEUROPATHY & PARKINSON'S DISEASE

- Monday, Oct. 26
- 11 am – 12 pm
- Dr. Scott Speelziek & Kari Mongeon Wahlen, Mayo Clinic

Join us for an informative discussion about peripheral neuropathy and Parkinson's disease. Learn about common symptoms, how these conditions are diagnosed and treatment and symptom-management options that may help support comfort and movement.

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

PLAY & SOCIALIZE

GAMES & GROUPS

P

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

500

S

Wednesdays: 9:30 – 11:30 am

BILLIARDS

S

Open during building hours.

CRIBBAGE

S

Tuesdays: 1 – 3 pm

DEVINE SINGERS

S

Mondays: 1 – 2 pm

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

DUPLICATE BRIDGE

S

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

GET YOUR YARN ON

S

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

MAHJONG

S

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

MEMBERS FUN HOUR

S

Held the 3rd Wednesday of the month at 5 pm, rotating between game night and book club.
Oct. 21: Book Club - Read and discuss *Theo of Golden*, by Allen

Levi.

SOLO AGERS

S

Oct. 26: 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)

S

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

MEMOIRS

S

Tuesdays: 10:30 am – 1 pm

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

PING-PONG

B

Open play - all equipment provided.

Mondays & Wednesdays:
10:30 am – 12:30 pm
Fridays: 12:30 – 2:30 pm



SOCIAL BRIDGE

S

Thursdays: 2 – 4 pm

Call Arlyce (507) 317-0617 to join.

SPELLERS

S

Fridays: 10 – 11 am

Practice spelling for fun with peers.

VINE AFTERNOON CARDS

S

Fridays: 2 – 4 pm

Play a different card or board game each week.

VINE STOMPERS

S

Wednesdays: 2:15 – 4 pm

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

WRITING WORKSHOP: REPETITION

S



Thursday, Oct. 8
10:30 am – 12 pm

“Repetition in word and phrase and in idea is the very essence of poetry,” wrote Theodore Roethke. Join Susan Chambers from the Southern MN Poets Society, to explore how repetition can add rhythm and emphasis to a poem. Through studying examples, participants will experiment with repeated words, phrases, sounds and images to discover what repetition can bring to their own work.

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

MSU COMMON READ

Continue 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.

Discussion with Dr. Elizabeth Adams, author of *In the Age of Artificial Intelligence: Choosing Purpose Before Code*

Friday, Oct. 9, 3–4:30 pm
MSU Memorial Library

Join Dr. Adams, a leading voice in responsible AI strategy, for an author Q&A exploring themes from her book, *In the Age of Artificial Intelligence: Choosing Purpose Before Code*. A TEDx speaker and author, Dr. Adams will share insights on leading with purpose and integrity in the age of AI.



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.

Watercolor Wonders:

Oct. 7 or 21: Learn loose watercolor wash techniques to create backgrounds with a variety of subject matter.

Oct. 14 or 28: Independent class to practice techniques and learn from each other.

Thursdays: 1 – 3 pm

Art For Everyone (supplies provided) Class size is limited.
Registration required.

Get Your Paint On!

Oct. 1 or 8: Create a small wall hanging with acrylics

Fiber Fun!

Oct. 15 or 22: Create 3D felt succulents



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

VINE Member's Textile Show, "Celebration In Texture," is on display October 1 - November 4, featuring a variety of fiber pieces created by VINE's artists.

VINE's Holiday Market

Get ready for holiday shopping at the VINE Holiday Market, November 16- December 5! VINE members can submit their original art and crafts for sale. This year, we're also adding homemade goodies, including baked goods, jar mixes, candy and preserves. For details on how to participate and submit your creations, look for information posted in the 5th Floor Art Gallery. Share your talents and help make this year's Holiday Shop merry, creative and delicious!



THANKS TO OUR NEWSLETTER SPONSORS!

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

State Farm
LOCAL SERVICE
& GREAT RATES

HATANPA
INSURANCE AGENCY
MANKATO • MAPLETON • LAKE CRYSTAL

*Legacy Planning for the Life
You're Building.*

GISLASON & HUNTER LLP
ATTORNEYS AT LAW
Mankato | New Ulm

507-354-3111 gislason.com

**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.

**MANKATO AREA
FOUNDATION**
507.389.4583 mankatoareafoundation.com

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

10/1: Indian Lake Road Park

10/8: Gustavus Arboretum

10/15: Williams Nature Center

10/22: Lime Valley

10/29: Kiwanis Recreation Area

WALK WITH A DOC

- Tuesday, Oct. 13
5:30 – 6:30 pm
- Free & open to the public

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

PICKLEBALL AT THE PICKLEBARN



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

PICKLEBALL CLINIC

- Thursday, Oct. 15
2 – 3 pm (meet at Picklebarn)
- Free for VINE members

Learn how to play pickleball and get a tour of the Picklebarn. Register at (507) 387-1666.

VINE OPEN PLAY

- Tuesdays, Thursdays & Sundays
1 – 3 pm (meet at 90 Power Dr.)
- Cost: \$6 (\$10 on Sunday) paid to the Picklebarn

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



CARDIAC REHAB GROUP

- Tuesday, Oct. 20
1:30 – 2:30 pm
- Free & open to the public

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



DEMENTIA FRIENDLY FITNESS



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

This 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.

HEALTHY MOUTH, HEALTHY BODY

- Thursday, Oct. 22
12– 1 pm

A healthy mouth plays an important role in overall well-being, especially as we age. Join MSU Dental Hygiene Professor, Lynnette Engeswick, to explore the connection between oral health and the rest of the body, including how changes in oral health can affect nutrition, independence, comfort and quality of life. Learn about common mouth and dental changes related to aging and medications, warning signs that may warrant a visit to a dental professional and practical everyday strategies for maintaining a healthy mouth. Come away with useful information to help support your smile and your whole-body health. Please stay after the program for an oral health assessment.

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

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:



STEPPING ON

- Tuesdays, Oct. 13 – Nov. 24
2 – 4 pm

A fall prevention class where participants build confidence about balance. Topics also discussed include vision, hearing, medication, footwear and exercises. Free and open to the public.

LIFESTYLE CHANGE PROGRAM DIABETES PREVENTION INFORMATION SESSION

- Thursday, Oct. 15
3 – 4 pm

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

- Thursdays, starting Oct. 29

3 – 4 pm

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.

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!

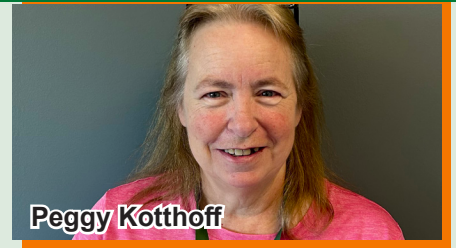
ONE-ON-ONE NUTRITION COUNSELING

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.



Peggy Kotthoff

MEMBER SPOTLIGHT

Peggy's journey at VINE is a testament to the power of taking things one step at a time. After experiencing a stroke, she came to VINE's warm-water pool with a clear goal: to regain her strength and independence. Through consistent effort and a positive outlook, Peggy made remarkable progress, completed physical therapy and became a proud VINE member.

Today, Peggy continues to build her strength and mobility with VINE's personal training staff. Recovery hasn't always been easy, but she makes a point to celebrate every milestone along the way. Her favorite reminder, "Small progress is still progress," helps her stay focused on how far she has come.

Peggy encourages anyone recovering from an injury or health setback to consider VINE. She credits therapy and the encouragement and support of the VINE team with playing an important role in her progress.

Her VINE experience extends beyond fitness and recovery. Peggy has also found friendship and community through Coffee Pals, an informal group that gathers in the Members Retreat to enjoy coffee, conversation and laughter.

For Peggy, VINE is more than a place to exercise, it's a place to keep moving forward, celebrate progress and stay connected.

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



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

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

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



Stay Independent.
Stay Strong. Stay Informed.

We help you **measure** and **monitor** key aspects of your body so you can make informed lifestyle choices.



Scan to learn more
or book now!



DEXA Body Comp Scan

Measures body fat, lean 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 55+ who want to:

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



BOOK ONLINE:
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 10/30)*

Saturdays

(no lap swimming on Saturdays)

8:45 – 9:30 am
10:15 am – 12:45 pm



FRIDAY FAMILY FUN



- Friday, Oct. 30
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.

The POOL WILL BE CLOSED OCTOBER 12-17 for annual maintenance.
We apologize for any inconvenience.

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

AQUA CLASSES

(registration required)

Mondays

9:30 – 10:30 am: Aqua 2
10:45 – 11:30 am: Aqua 1
2 – 3 pm: Aqua 2

Tuesdays

6:15 – 7 am: Aqua 2
1 – 1:45 pm: Aqua Yoga
2 – 2:45 pm: Aqua 3
3 – 3:45 pm: Aqua Chi
5:30 – 6:15 pm: Instructor's Choice

Wednesdays

9:30 – 10:30 am: Aqua 2
10:45 – 11:30 am: Aqua 1

Thursdays

6:15 – 7 am: Aqua 2
1 – 1:45 pm: Aqua Yoga
2 – 3 pm: Aqua 2
3 – 3:45 pm: Aqua Cardio & Core Blast

Fridays

9:30 – 10:30 am: Aqua 2
10:45 – 11:30 am: Aqua Kickboxing
11:45 – 12:30 pm: Aqua Yoga

Saturdays

9:30 – 10:15 am: Rotating class
10/3: Aqua 3
10/10: Aqua 2
10/17: No class
10/24: Aqua Yoga
10/31: Aqua 3



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 pm: Chair Zumba **new class*
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
10/3: Boot Camp
10/10: Picklebands
10/17: Cardio Strength
10/24: Stretch & Flex
10/31: Combo Fit



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 is a high-intensity class using bodyweight & equipment exercises. *Level 4F*



Chair Zumba offers the fun of Zumba® dance moves seated. *Level 1*



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 small balls to relax muscles and release fascia *Level 1F*



Stretch & Flexa gentle warm-up followed by stretches to improve flexibility and mobility 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

9 – 9:45 am: Chair Yoga

11:30 am – 12:30 pm: Yoga for Health

1 – 1:45 pm: Chair Yoga

2 – 2:45 pm: Yogalates

3 – 4 pm: Spring Forest Qigong

Practice **new class (no class 10/12)*

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

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

3 – 4 pm: Spring Forest Qigong

Practice **new class*

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

10/3: Yoga for Health

10/10: Chair Yoga

10/17: Yoga for Health

10/24: Yoga for Health

10/31: Restorative 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*

Spring Forest Qigong blends movements of meditation with breathwork to bring health & healing to the body. *Level 1*

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 August in honor of Rosal Molski 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.

VOLUNTEERS NEEDED FOR RAKE THE TOWN

November 11–15

Volunteers are needed to rake leaves for older adults in Blue Earth and Nicollet Counties. VINE can supply the rakes and tarps, if you or your group would like to volunteer. Learn more and sign up at vinevolunteers.org.



Care that moves youSM

Compassionate Care at Home This Fall

Personalized support to help you or your loved one remain safe, comfortable, and independent at home.



Services We Offer

- ★ Personal Care Assistance
- ★ Companionship
- ★ Meal Preparation
- ★ Light Housekeeping
- ★ Medication Reminders
- ★ Transportation & Errands
- ★ Respite Care for Families
- ★ Mobility & Safety Support





Call **507-769-0828** for a **FREE** consultation!

 Whether you need just a little help or more ongoing support, Synergy HomeCare is here for you.



CEO CORNER UPDATE

Since entering my 50s, I've noticed how casually we talk about aging, as though longer life is something to fear rather than a gift to prepare for and make meaningful.

By 2034, adults 65 and older are projected to outnumber those under 18 for the first time in U.S. history. This shift will touch every family and community and require us to recognize the strengths, experience and contributions of older adults.

At VINE, we're strengthening Aging Well at Home and transportation services, developing Solo Ager programming and expanding health and wellness opportunities. We lead the Age-Friendly Mankato and North Mankato Coalition and are hosting conversations about ageism, supporting the Dementia Research Summit and convening southern Minnesota leaders for the Age-Friendly Minnesota Regional Exchange.

Personally, redefining aging means challenging stereotypes and finding appreciation for the age we are. Aging is universal, yet ageism can diminish older adults while teaching younger generations to fear their future. We all lose when aging is viewed as decline rather than a meaningful part of life.

I'm honored to do this work as VINE anticipates needs and brings people together around solutions. On Ageism Awareness Day, October 9, I invite you to question assumptions, rethink how we talk about aging and remember that every age matters.

– 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

Dr. David Beimers is a MSU social work professor and Director of the Chesley Center on Aging. His connection with VINE began in 2010 with grant writing and program evaluation and has continued to grow.

Today, David represents MSU on the Age-Friendly Mankato & North Mankato Committee, where he brings his expertise to help strengthen our community. "As a social worker, I am committed to service, which includes using my knowledge, skills and expertise to help tackle social issues," David says.

David helped conduct the Age-Friendly community needs assessment and engaged MSU graduate students in the project. "It is always rewarding to connect students with projects that benefit the community," he says. The assessment found that Mankato is already viewed as a good place to age, with a strong foundation for becoming even more age-friendly. David is encouraged by the growing collaboration among residents and community partners.

"The work of Age-Friendly Mankato & North Mankato is just beginning," he says. "It's been rewarding to see community members and community partners join together" to create communities that are livable for people of all ages.

 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



Crisp autumn days are here! Stop by the VINE Home Thrift Store for affordable, one-of-a-kind furniture, kitchen essentials and seasonal décor to make your home feel cozy for fall.



Donate • Shop • Volunteer

OPEN:

Tuesday – Saturday
10 am – 6 pm

77 Star Street, Mankato

(507) 387-2699

vinestore.org

Have items you no longer need? Donate them to VINE! Every purchase and donation supports VINE's programs for older adults. Shop, donate and support your community this fall!

Donation Drop Off & Pickup: We accept furniture and household items in good condition from non-smoking homes. We have limited pickup availability, please call the store for information. Drop off hours are between 10 am – 5:30 pm, Tuesday – Saturday based on available space at the store.



Best of 2026
3RD PLACE
MANKATO
MAGAZINE
The Free Press

