

THE VIEW from VINE

NOVEMBER 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 **closed**
November 26 for
Thanksgiving.



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



Marianne, Marion & Peter

IN HONOR OF FAMILY CAREGIVERS

During National Family Caregivers Month, we recognize the family members, friends and neighbors who help loved ones live with dignity and remain connected to the people, routines

and places that matter most. Caregiving can take many forms: coordinating appointments, preparing meals, managing medications, providing transportation, helping with daily routines or simply being present when someone needs support.

VINE member Peter knows firsthand how quickly caregiving can change. Peter cares for his wife, Marianne and his mother, Marion, who had been living in a memory care community in the Twin Cities. When Peter's brother, who also lived in the area, became ill and could no longer visit Marion or manage her care, Peter stepped in. He helped his brother move to the Benedictine Community in St. Peter and welcomed Marion into the home he shares with Marianne.

At the same time, Marianne was hospitalized with a bacterial infection. Suddenly, Peter was navigating multiple transitions: helping his brother, caring for his mother as she adjusted to a new home and supporting Marianne through a long recovery after leaving the hospital. Like many family caregivers, he was balancing the needs of the people he loved while adjusting to circumstances he had not anticipated.

As Peter settled into his new responsibilities, several people encouraged him to seek support. He hired someone to help Marion with bathing and established a daily routine that included making time for his own rest. Recognizing that he also needed connection, Peter began attending a VINE Caregiver Support Group. There, he found people who understood the challenges and rewards of caregiving. He also brought his positive, nurturing spirit to the group, offering encouragement and companionship to others.

When asked about the rewards of caregiving, Peter says, "It is a precious time of giving back to my mom." He adds, "My parents did such an awesome job of raising my brothers and me. Now I can care for my mother and ensure she is treated with dignity and respect."

Peter and Marianne have also developed a deeper mutual respect as they support one another and care for Marion. Their story reminds us that caregiving is both challenging and deeply meaningful and that no one should have to navigate it alone.

This month, take a moment to thank a caregiver in your life. Let them know that their compassion, commitment and countless everyday acts of care are seen and valued. To every family caregiver, thank you for all you do.

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 & snow removal
- caregiver support
- mental health care

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

HOT MEALS ON WHEELS

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

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

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

Proud Partner Agency



**Greater Mankato Area
United Way**

CAREGIVER CONSULTING

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

Many caregivers carry physical, emotional and spiritual strain. They grieve what has changed, what has been lost and what lies ahead. Shifting roles, isolation, uncertainty and constant decision-making can be overwhelming. Through VINE, caregivers can find resources and compassionate support. Our Caregiver Consultants are available to meet with you to talk through the challenges you may not feel comfortable sharing in a group.

Consultations are confidential and tailored to your needs. You can meet at VINE, by phone or in your home and invite others involved in care if helpful. No topic is off-limits. We offer extensive experience and can help with decision-making, coping strategies, realistic goal-setting and referrals to additional resources.

Call (507) 387-1666 to schedule a session. There is no formal charge but donations are appreciated.

STAYING EMOTIONALLY BALANCED WHILE CAREGIVING

- Tuesday, Nov. 10: 10:30 am – 12:30 pm
- Pioneer Bank (1450 Adams St. Mankato)
- \$20 for presentation & lunch

Caring for a loved one can be deeply rewarding, but it can also bring emotional challenges. Join Dr. Jeff Buchanan for this

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
Nov. 3, 10 – 11 am
- 2nd Wednesday of the month
Nov. 11, 1 – 2:30 pm
- 3rd Wednesday of the month
Nov. 18, 5:15 – 6:30 pm
- 3rd Thursday of the month
Nov. 19, 3 – 4:15 pm

Services supported in part by:



interactive caregiver renewal event exploring the emotions that often accompany caregiving and practical strategies for managing stress, navigating difficult feelings and building emotional resilience. Take time to recharge, connect with others who understand and discover ways to nurture your own emotional well-being while caring for someone you love.

Open to the public. Call (507) 387-1666 to register by 11/2.

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.



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:



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.



FIVE WISHES LIVING WILL/ ADVANCE DIRECTIVE

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

SNOW REMOVAL HELP NEEDED

Our snow removal list is full and we are looking for individuals or groups who would be able to assist with snow removal this winter. You can either accompany our staff or adopt a house in your neighborhood. Crews shovel whenever it snows 2 inches or more. Call Adam at (507) 386-5574 for more information.

Services supported in part by:



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.

EDUCATIONAL PRESENTATIONS

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

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COMPUTER UNIVERSITY: DIGITAL PHOTOGRAPHY

- Monday, Nov. 9
- 5:30 – 7 pm
- Mankato Computer Technology & Denice Woller, Photographer



Discover a brief history of digital photography alongside essential skills like editing, saving, renaming and organizing your photo files. Gain valuable tips from a professional photographer on crafting beautiful compositions. Whether you're just starting out or aiming to hone your digital photography skills, you will be motivated to confidently capture your special moments.

BEHIND THE HOLIDAY PLATE

- Tuesday, Nov. 10
- 11 am – 12 pm
- Lily Bobrowske, MSU Dietetics & Nutrition Student

Learn how to enjoy your favorite holiday foods while maintaining balanced eating habits. This presentation will explore common holiday foods, how they are made and healthy swaps for some traditional recipes. We'll also discuss simple tips for enjoying holiday meals mindfully and making nutritious choices without missing out on the foods you love.

COLLETTE TRAVEL 2027/28: CHRISTMAS MARKETS & CASTLES & SOUTHEAST ASIA

- Tuesday, Nov. 10
- 2:30 – 3:30 pm
- David Huss, Collette Travel



Not sure where to begin when planning your next adventure? For nearly five years, VINE has helped eager travelers explore the world through memorable group travel experiences. Join David for an exciting preview of VINE's upcoming group trips. Experience the festive Christmas Markets and Castles of Europe with Germany and France and look ahead to an unforgettable early 2028 journey through the Kingdoms of Southeast Asia, traveling from Hanoi to Bangkok. Come learn more, ask questions and start imagining your next great adventure with VINE!

BASIC MAINTENANCE & SAFETY TIPS TO KEEP YOU SAFE IN YOUR HOME

- Wednesday, Nov. 11
- 11 am – 12 pm
- Corey Kapaun, C&S Supply

Corey will share practical, easy-to-use safety tips and devices to help you stay independent and feel more confident in your home. From reducing fall risks in the bathroom and kitchen to improving safety in hallways, entryways, basements and the garage, this informative presentation will highlight simple changes that can make everyday living safer and more comfortable.

BOOKSGIVING WITH THE BLUE EARTH COUNTY LIBRARY

- Thursday, Nov. 12



- 12:30 – 3 pm
- Free & open to the public

The Blue Earth County Library is excited to present a cozy, fall-themed celebration of books, treats and a touch of mystery at our first ever Booksgiving! Enjoy a variety of sweet fall-themed dishes featured in books by your favorite cozy mystery authors, bring a treat to share and participate in the murder mystery game: "The Great British Bump Off". We'll work together to solve the case in this charming, puzzle-filled mystery experience! Come for the treats, stay for the sleuthing. Booksgiving is sure to be a cozy event full of fun, flavor and whodunit excitement.

Registration is required. Please call 507-304-4023 to register.

This program received funding support from a grant through the Traverse des Sioux Library System.

MANKATO SYMPHONY ORCHESTRA: WINTER WARM UP

- Friday, Nov. 13
- 12 – 1 pm
- Mankato Symphony Orchestra Musicians
- Free & open to the public



Warm up with the Mankato Symphony Orchestra! Join brass musicians for a program exploring themes of departure, arrival and homecoming through orchestral classics and seasonal favorites.

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.

LEARNING BEYOND THE DEGREE @ MAVERICK INNOVATION GATEWAY

- Monday, Nov. 16
- 1 – 2 pm
- Lisa Haman, Maverick Innovation Gateway Director
- Meet at 230 Stadium Rd., Mankato

Tour the Maverick Innovation Gateway, a new MSU campus hub for creativity, entrepreneurship and hands-on learning. Learn how MSU students, faculty and community partners are working together to solve real-world challenges in this exciting space. Explore opportunities to take undergraduate classes at MSU alongside current students. Find out more about engaging in structured, undergraduate-level courses at MSU.

ANNUAL MEDICARE CHANGES

- Tuesday, Nov. 17
- 11 am – 12 pm
- Britney Fletcher, Minnesota Aging Pathways

Medicare can be complicated, and it seems to change from year to year. Come learn about what's new in Medicare for 2027, so you can choose the best plan for your needs.

HEALTHY & TASTY 30-MINUTE MEALS

- Wednesday, Nov. 18 OR Thursday, Nov. 19
- 10:30 am – 12 pm
- Kelly Kunkel, U of M Extension Educator



- \$10 fee. Registration required by 11/13.

When hunger strikes and time is short, it helps to have a few quick, satisfying meal ideas ready to go. Join us as we prepare, and enjoy, several meals that can be made in 30 minutes or less. Come hungry, pick up practical recipes and time-saving tips, and discover new options for busy days!

MSU LUNCH & LEARN: ONE PAN/POT DISHES

- Friday, Nov. 20
- 11:30 am – 1 pm
- Faculty & Students from MSU Consumer Science Program
- Cost \$10; register by 11/16

Simplify mealtime with delicious, nutritious one-pot and one-pan meals! In this hands-on cooking and nutrition class, learn how to create flavorful, balanced meals with minimal prep and cleanup. Explore simple strategies for combining protein, whole grains, vegetables and flavorful ingredients to make convenient meals that fit busy lifestyles without sacrificing nutrition or taste.

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

SOURDOUGH BASICS

- Monday, Nov. 23
- 11 am – 1 pm
- Cally Roberts, Salt & Fern Bakehaus
- Free & open to the public

Join us for a Sourdough 101 class



to learn the basics of baking bread with a wild yeast starter! Come to the class with a mixing bowl (8-10 inch diameter) and leave with a banneton, bench scraper, jar of starter to keep your sourdough journey going at home, a loaf fully ready to go in your fridge to proof overnight as well as a second loaf that will require its final fold and shaping when you return home after class. We will go over mixing, folding and shaping techniques as well as discuss the science and health benefits of sourdough. Come with questions, leave with added confidence!

Registration opens on November 9. Must register by calling the BEC Library at 507-304-4022. This program is made possible by the voters of Minnesota through a grant provided by the Traverse des Sioux Library Cooperative, thanks to legislative appropriation from the Arts and Cultural Heritage Fund.

MANKATO BALLET SNEAK PEEK: THE NUTCRACKER

- Tuesday, Nov. 24
- 3 – 4 pm
- Mankato Ballet Company dancers



Get into the holiday spirit with a special preview of The Nutcracker! Students from the Mankato Ballet Company will bring scenes from this beloved classic to life at VINE. Enjoy an enchanting mini performance, meet the dancers and learn about the dedication and rehearsal that make this timeless production a community favorite. Take a delightful peek into this cherished holiday tradition!

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 (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.

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.

THANKS TO OUR NEWSLETTER SPONSORS!

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

MEMBERS FUN HOUR

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

Nov. 18: Game Night: Pokeno! Bring a \$10 wrapped gift to play.

SOLO AGERS

Nov. 30: 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:

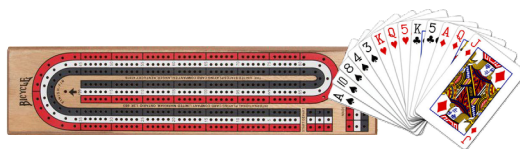
10:30 am – 12:30 pm

Fridays: 12:30 – 2:30 pm

SOCIAL BRIDGE

Thursdays: 2 – 4 pm

Call Arlyce (507) 317-0617 to join.



WRITING WORKSHOP: PERSONA POEMS

Thursday, Nov. 12
10:30 am – 12 pm



"Don't write what you know; write who you aren't". -Rebecca Hazelton, Poetry Foundation. Step into someone else's shoes in this poetry workshop with Deb. Discover persona poems, which invite writers to speak from a perspective beyond their own. Study engaging examples and follow guided writing exercises to practice seeing the world through the eyes of a relative, fictional character, historical figure, animal or inanimate object. Come ready to experiment and give a new voice a chance to speak.

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

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.


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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.**Nov. 4, 11 & 18:** Explore mixed-media mosaic techniques using paint, canvas, paper, fabric and other art supplies.**Thursdays: 1 – 3 pm**Art For Everyone (supplies provided) Class size is limited.
Registration required.**Nov. 5:** Gift Bag Workshop: Join in the fun of designing gift bags for the upcoming Holiday Market.**Nov. 12:** Holiday Card Making**Nov. 19:** Holiday Card & Ornament Making

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 through November 4, featuring a variety of fiber pieces created by VINE's artists.

VINE's Holiday Market

Open November 16 - December 5

There is still time to participate, contact Paulette Bertrand by

November 6 using the email listed at the VACC front desk or look for information posted in the 5th Floor Art Gallery. All VINE members are welcome to sell handmade art, crafts and approved homemade food items, including candies, baked goods, jams, jellies and jar mixes. Come share your talents and help make this year's Holiday Shop merry, creative and delicious!

If you have already picked up a vendor packet, please bring your items to VINE on November 9 or 10 between 9 am and 1 pm.





Holiday Coach Bus Trips

**A Christmas Carol
in Hastings -**
December 1

**Home Alone LIVE!
At Orchestra Hall -**
December 13



To register, scan the QR code or call 507-387-5501, option 1.

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**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. In December, we will get new strength training equipment! Stay tuned for more information.

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

11/5: 7 Mile Creek (last parking lot)

11/12: Sakatah Trail Eagle Lake (parking lot off Co Rd 86)

11/19: Bluff Park



WALK WITH A DOC

- Tuesday, Nov. 10
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, Nov. 17
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, Nov. 19
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.

SPRING FOREST QIGONG EXPLAINED



- Wednesday, Nov. 4
12 – 1 pm

Char Lusher, Certified Spring Forest Qigong Instructor will explain how Qigong helps restore the natural flow of energy in the body. Through gentle movement, breathing exercises and meditation we can remove blockages and bring the body back into balance. All movement can be done sitting, standing or lying down. Learn more about the practice and how important it is.

BLADDER MATTERS



- Thursday, Nov. 5
11 am – 12 pm

Join Katie Hall, a pelvic floor ActivePT Physical Therapist for a practical, supportive discussion about urinary incontinence and bladder health. We'll cover common causes of incontinence, simple strategies to reduce urgency and leakage, pelvic floor exercises and when to seek additional support. Designed for older adults who want to keep moving, exercising, traveling and enjoying life, this session offers empowering tools to support an active, independent lifestyle without worrying about your bladder!

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:

**NEXT STEP: KNEE RECOVERY**

- Mondays & Wednesdays,
Nov. 9 – Dec. 30
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 LEVEL II

- Mondays & Wednesdays,
Nov. 9 – Dec. 2
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. Must have taken level 1.

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

VACCINE CLINIC AT VINE

- Tuesday, Nov. 17: 9 am – 12 pm

Stay healthy - get your vaccines! Flu and COVID-19 vaccinations will be available. Bring your insurance card. Register at vinevolunteers.org or (507) 387-1666. Walk-ins are welcome too.

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.

VINE INDOOR HIKING CLUB

Join us as we hike the scenic Florida trail system from coast to coast. Walk along the track and experience the weather and scenery via pictures and trail highlights. If you complete the full 6 weeks of trails you can say you accomplished the Florida Hiking Trails. The hike runs November 2 - December 12.

Please register at the front desk.

**MEMBER SPOTLIGHT**

Five years ago, Susan was preparing to move to Mankato while recovering from a stroke. Her care team recommended VINE's warm water pool as part of her rehabilitation and swimming quickly became an important part of her recovery.

Susan soon discovered that VINE was also a wonderful place to build friendships. Through the pool, she connected with members of all ages. Those friendships have grown beyond VINE, with get togethers for lunches and birthdays.

Mahjong has also played an important role in Susan's life. After her stroke, she wasn't sure she would be able to continue playing, much less teach others. With encouragement from VINE staff, Susan brought regular Mahjong games back to VINE, gathered supplies and helped spread the word. Today, she leads the group and enjoys helping others learn and play. Mahjong keeps her brain active while providing another opportunity to connect with others. It has also helped her overcome doubts about what she could do after her stroke.

Susan encourages anyone considering VINE to give it a try. "If you are lonely, there are 100 things to do," she says. "It's worth it because it keeps you active and socially 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: Jake Marzinske. Jake got his degree in Exercise Science from Bethany



Jake Marzinske

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

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

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



Angie Owens
Area Manager



Laura Mellgren
Customer Relations

WE'RE HERE TO HELP.

Call ADARA if you:

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



VOTED BEST OF MANKATO
6 YEARS IN A ROW

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

Call ADARA at 507-519-4016



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

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 11/27)*

Saturdays

(no lap swimming on Saturdays)

8:45 – 9:30 am
10:15 am – 12:45 pm



FRIDAY FAMILY OPEN SWIM

- Friday, Nov. 27
5 – 6:30 pm
- \$5 per guest (2 guests per member; kids must be potty trained)



Bring your younger friends or family for open swim held monthly. Register at vinevolunteers.org or (507) 387-1666.

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
11/7: Aqua 3
11/14: Aqua 2
11/21: Aqua Kickboxing
11/28: Aqua Yoga



LAP SWIM

(registration required)

Mondays

11:30 am – 12:15 pm
12:15 – 1 pm

Tuesdays

7 – 8 am

Wednesdays

11:30 am – 12:15 pm
12:15 – 1 pm

Thursdays

7 – 8 am

Saturdays

8 – 8:45 am
12:45 – 1:30 pm



AQUA CLASSES

Aqua 1: Walking, stretching & balance activities.

Aqua 2: Jogging, jumping, twisting & constant movement.

Aqua 3: High-energy class combines using the water properties to challenge you.

Aqua Cardio & Core Blast: Boost cardio and core strength with a low-impact challenge.

Aqua Chi: A gentle class with breathwork to improve balance, flexibility & relaxation.

Aqua Kickboxing: Punch, kick & sculpt your body to be stronger.

Aqua Yoga: Low-impact aquatic exercise, with yoga poses.

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®
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
11/7: Boot Camp
11/14: Picklebands
11/21: Strike Strong
11/28: Stretch & Flex



GROUP EXERCISE CLASS DESCRIPTIONS



STRENGTH



CARDIO



BALANCE & RELAXATION



Barre is 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 is a 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 is a 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 & Flex is a 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® uses 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 (**no class 11/16 & 11/23**)

1 – 1:45 pm: Chair Yoga
2 – 2:45 pm: Yogalates
3 – 4 pm: Spring Forest Qigong Practice

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

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
11/7: Yoga for Health
11/14: Chair Yoga
11/21: Yoga for Health
11/28: Yoga for Health



Chair Yoga offers the benefits of

yoga while seated or next to a chair. *Level 1*

Gentle Yoga is a slow-paced class to support mobility, flexibility and stress relief through movement and breath awareness. Ideal for those recovering from injury, new to yoga or seeking tranquility. *Level 2F*

Guided Meditation explores breath awareness, body relaxation and visualization practices to quiet the mind and soothe the nervous system. *Level 1*

Restorative Yoga is a calming yoga practice with supported poses with long holds and deep breathing to reduce stress, release tension and promote relaxation. *Level 2F*

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 September in honor of Dick Brenner, Fred Lindall, Rosal Molski, Margo Wheeler and Alice Wilaby.

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.

GIVE TO THE MAX DAY

Give to the Max Day, Minnesota's biggest day of giving is **November 19**. Each donation for Give to the Max between November 1-19 enters VINE into the Give MN prize pool, so your \$10 donation could turn into \$1,000! Donate online at givemn.org or drop off your donation at VINE.

All donations received will go towards sustaining VINE's programs for older adults in the community.

BLOOD DRIVE AT VINE

- Friday, Nov. 6
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.

Reconnect with the
**SOUNDS
YOU LOVE**

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Dr. Amanda Behr

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YOU CAN COUNT ON**
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brighter days**

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(507) 769-0828
LOCAL CARE. A BRIGHTER TOMORROW.

CEO CORNER UPDATE

A few years ago, I spoke with a caregiver at VINE whose story has stayed with me. She needed surgery but was putting it off because she couldn't find someone to care for her spouse while she recovered. Taking care of her health depended on finding help for him.

Perhaps you know that dilemma. You've postponed an appointment, missed time with friends or set aside something you enjoy because someone you love needs you. Whether caring for a spouse, aging parent, or loved one with disabilities, even a short break can take considerable planning.

November invites us to reflect on what we're grateful for. During National Family Caregivers Month, I'm thankful for those whose daily care sustains our community.

At VINE, we support caregivers and raise awareness of the responsibilities they carry, often quietly and without recognition. You can love someone dearly and still feel exhausted or overwhelmed. When we tell caregivers to "take care of yourself," we need to help make that possible.

Gratitude can begin with simple acts of neighborliness. Instead of "Let me know if you need anything," offer something specific: "Could I bring dinner Tuesday?" or "What groceries can I get you?" Stay in touch, even when invitations are declined and ask, "How are you doing?"

If you're a caregiver, thank you. Your efforts matter and so do your needs. You deserve rest, friendship and attention to your health. If you're unsure where to turn, reach out to VINE.

— 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 the journey.

Join us for one of these upcoming trips:

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.

Join us on Tuesday, November 12 at 2:30 pm when David Huss from Collette Travel shares more details about these upcoming trips.

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

Where would you like to go? Share your ideas for future Collette group trips! Let us know which destinations you have in mind. If your dream getaway isn't on our schedule, we can also explore other Collette travel options for you.



VOLUNTEER SPOTLIGHT

When Teresa retired eight years ago, she joined VINE and began volunteering for the Caring Connection program. Teresa then started delivering Meals on Wheels (MOW) for VINE. "The recipients really appreciate it. Over the summer and school breaks, I usually bring 1 or 2 of my grandkids along with me to deliver the meals. The people love to chat with them and it's a good example to set for my grandkids!"

When her husband, Mark, got sick, Teresa cut back on many activities so she could be an attentive caregiver, but Teresa continued to deliver MOW. "It only took a couple hours every other week, and it felt like a normal activity for me during a time that wasn't normal. Mark even encouraged me to do it." Mark passed away peacefully with Teresa at his side in 2024. Teresa's experience is a gentle reminder that, even while caring for someone else, making room for an activity that brings joy and a sense of normalcy can be meaningful.

VINE is grateful to Teresa for the kindness and steady presence she brings to so many in our community.

If someone wants to see what delivering MOW involves, Teresa says, "Ride along with me or another volunteer. Try any of the volunteer opportunities VINE offers. You'll find one you love!"

 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

November is a season for gathering, giving thanks and making room for the people who matter most. Visit the VINE Home Thrift Store to find one-of-a-kind tables, chairs, kitchen essentials and seasonal décor to help you create a warm, welcoming place.

As you refresh your home for the season, consider sharing the items you no longer need. Donations of gently used furnishings, housewares and décor are accepted Tuesday - Saturday, 10 am - 5:30 pm. Every purchase and donation supports VINE programs.

Donation 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.



Donate · Shop · Volunteer

